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diagnosed?
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MAY/JUNE 2018, ISSUE 75
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45
taste-good
feel-good
recipes

- Best burgers ever
- Weeknight meals and shopping list
- Sweet-as desserts

Real life

"I lost 13kg and reversed my T2!"
Shelly Horton tells.

"Mum's diabetes changed my life"

"My raging husband was an undiagnosed diabetic!"

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SPECIAL OFFER

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56 You haven't enjoyed a pear quite like this before

110 Can-do tips to help manage your diabetes

FOOD

- 20 Pears** The pear-fect season has arrived
- 26 5 days 5 dinners** Easy weeknight meals
- 34 Spud of the month** Moreish cottage pie
- 36 Vegetarian mains** Get more veg into your fave dishes
- 44 Lunch time** Time for a midday makeover
- 51 Asian flavours** A Vietnamese-style pork sandwich
- 52 Brilliant burgers** Healthy & nutritious
- 56 Sweet treats** Warming desserts
- 64 Morning classics** This one's for Mum!
- 70 Ed's healthy recipe** Fast Ed's spiced, low-fat fish korma
- 76 Smart tips** Shopping & cooking in control

LIVING WELL

- 82 All about low carb** What's the story?
- 86 Ace your tests** Diabetes by numbers
- 90 Anger management** Is it rage or diabetes?
- 93 Take the right steps** Prevent neuropathy
- 94 Weight gain myths** It could be your genes
- 98 Face your fears** We all have them...
- 100 Kick your bad habits** Make small changes
- 103 GORD** Simple fixes for your reflux
- 104 Declutter** and discover better health
- 109 Take control now** Get on top of diabetes
- 114 Waking up happy** Don't hit snooze!
- 116 Squeaky clean** Method does matter
- 124 Dropping kilos** Lose them for good
- 126 Move more** Easy

ways to get active

- 128 Achy breaky back** Strengthen your spine

MY STORY

- 119 "I felt like I had done this to myself"**
- 122 Taking care of Mum**

REGULARS

- 4 Editor's note**
- 5 You tell us**
- 9 Just diagnosed?**
- 12 Your healthy life**
- 18 Diabetes hero**
- 69 About our food**
- 72 Menu plan**
- 74 Cook's tips**
- 130 Feel better in 5**
- 134 Recipe index**
- 138 Postcard**

ON THE COVER

26 Weeknight meals **34** Cottage pie **52** Best burgers **56** Sweet-as desserts **90, 119, 122** Real life stories **104** Declutter your life



119 After years of trying to lose weight, Shelly took a new approach...



74 Our latest cook's tips

welcome

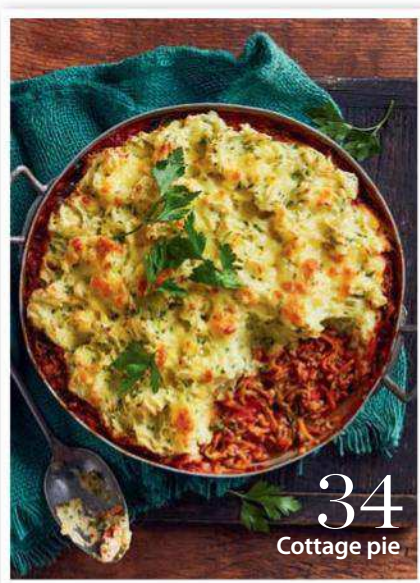


Listen up? We did!

» Every month we love hearing from readers about what you do – and don't – like about the magazine. You might have noticed there have been a few changes recently to give it a bit of a new look (we could all do with a little freshen-up now and again, right?).

One of the changes we made that you were *not* impressed by was dropping the weekly shopping list. We took your comments on board, and this issue the shopping list is back – turn to page 26 for five fabulous weeknight meals.

We know you like real-life stories, too, and we've got three crackers this month – Shelly Horton's weight loss story (page 119), Nick



Glavas shares his mum's legacy on page 122, and I was fascinated by Kristen Mae's story of her raging husband (page 90)...

The weather's starting to cool down, so there are some delicious sugar-free desserts on page 56 to look forward to, as well as the family favourite cottage pie done two ways (where do I sign up?).

Please keep letting us know what you think of *Diabetic Living* – we honestly take it all on board and love listening to, and speaking with, our readers.

Enjoy Autumn!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



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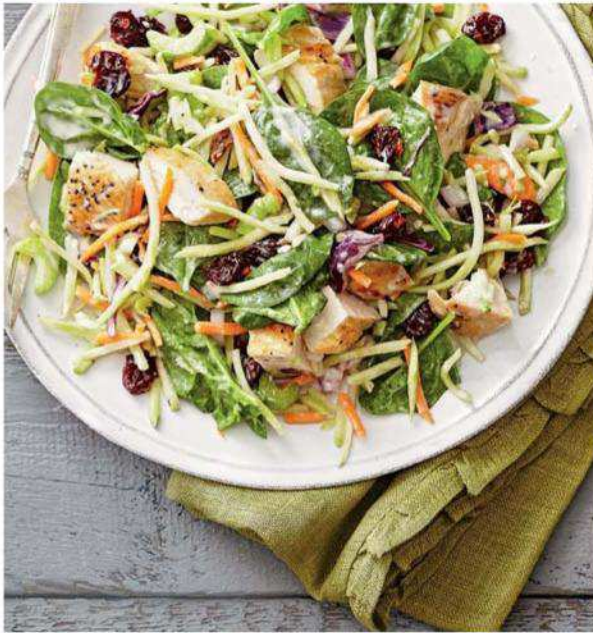
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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



You tell us

Here's where you have your say, tell others your stories and give feedback on your magazine



TASTY WAY TO START A DIET

STAR
LETTER

I made the Chicken and Broccoli Salad with Buttermilk Dressing (March/April 2018, page 40) with the broccoli and beetroot coleslaw from Woolies (no other added broccoli), and it was fantastic.

I've just been diagnosed with coeliac disease, so I'm going back through all of my *DL* issues to find the GF/GFO recipes. It was a great one to kick off my GF diet, especially as I can also be confident it is a good recipe for my T1D.

I love the magazine and I only wish it came every month, rather than bimonthly.
Sarah, WA

Explanation helpful

Having been obese for quite a long time, I now know the importance of eating the right kind of food. What I never knew was the real difference between diabetes type 1 and type 2, but in the March/April 2018 issue, it has been well explained.

I just hope that I, being from a family whose genetic background is full of people with diabetes and other ailments, do not get it.

It is a real pleasure to read your magazine and I will definitely try those mouthwatering recipes.

Dhanalutchmee, Mauritius

Shopping list is sorely missed

Yesterday I bought the March/April 2018 issue of *Diabetic Living*. I had let my subscription to the mag expire due to lack of interest in the more recent recipe content. I am not a diabetic, but like a lot of other readers I found it to be most useful in the past for healthy food ideas and convenience of use.

So yesterday, when I saw the latest issue in the supermarket, I decided I should give *Diabetic Living* another look, so bought it with my groceries.

I noted a bit of a change in the format and more modern storylines, but to my disappointment after looking forwards, backwards and checking the index several times, I could not find the shopping list, which I found to be the most user-friendly thing about the magazine.

In the past, even if I hadn't yet read all of the recipes, I could purchase my week's food by taking a photocopy of the list on the dreaded chore of grocery shopping, knowing that I would have the right ingredients for a week's dinners for my husband and I.

Fran

**Thanks Fran – we heard you and you'll find the shopping list on page 33 of this issue.*



Send your letters to diabeticliving@pacificmags.com.au

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³ One 250 ml serve of Ocean Spray® Light Cranberry helps maintain urinary tract health when consumed daily as part of a healthy diet involving the consumption of a variety of foods. Our 700 family farms grow their cranberries in the USA, Canada and Chile.



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PACIFIC MAGAZINES PTY LIMITED

Media City, 8 Central Avenue, Eveleigh, NSW 2015;
GPO Box 7805, Sydney, NSW 2001, (02) 9394 2000

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Reproduction Printed by Webstar Print (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Gordon and Gotch Australia Pty Ltd (ACN 088 251 727). Distributed in New Zealand by Gordon and Gotch New Zealand (CRN 1540329). Published six times a year by Pacific Magazines Pty Ltd (ABN 16 097 410 896). For competition entries, please use the address supplied. Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Meredith Corporation. Use of trademark is strictly prohibited. Recommended and maximum price \$7.99 (NZ \$9.20) including GST. All content © 2017 Pacific Magazines Pty Ltd, all rights reserved. Reproduction without permission is prohibited. All prices and information are correct as at the time of printing. Prices quoted are recommended retail prices and may vary. All material sent to *Diabetic Living* (whether solicited or not) will not be returned. Unless otherwise agreed beforehand, all rights including copyright in such material is assigned to Pacific Magazines upon receipt and Pacific Magazines may use or sell the material in all media worldwide in perpetuity without further consent or payment. *Diabetic Living* does not accept or assume responsibility for such material.



OUR EXPERTS

Dr Kate Marsh

**Dietitian and
diabetes educator**

Kate, who has type 1, is in private practice in Sydney.
nnd.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW.
drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre.
mendpsychology.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA.
outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1. diabete-ezy.com

BEWARE OF IMITATIONS.

STILL THE ORIGINAL. STILL THE BEST.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

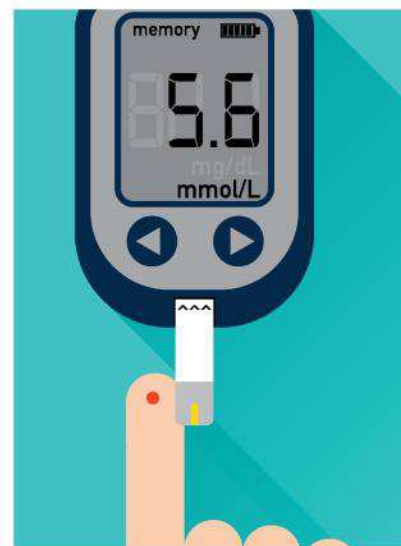
DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

*That's People With Diabetes

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in DL are designed for everyone. ➤



Losing just 5% of your body weight can have a positive impact.

If you've just been diagnosed, you can find more information on page 109.

TYPE 1 AND TYPE 2... What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.
- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

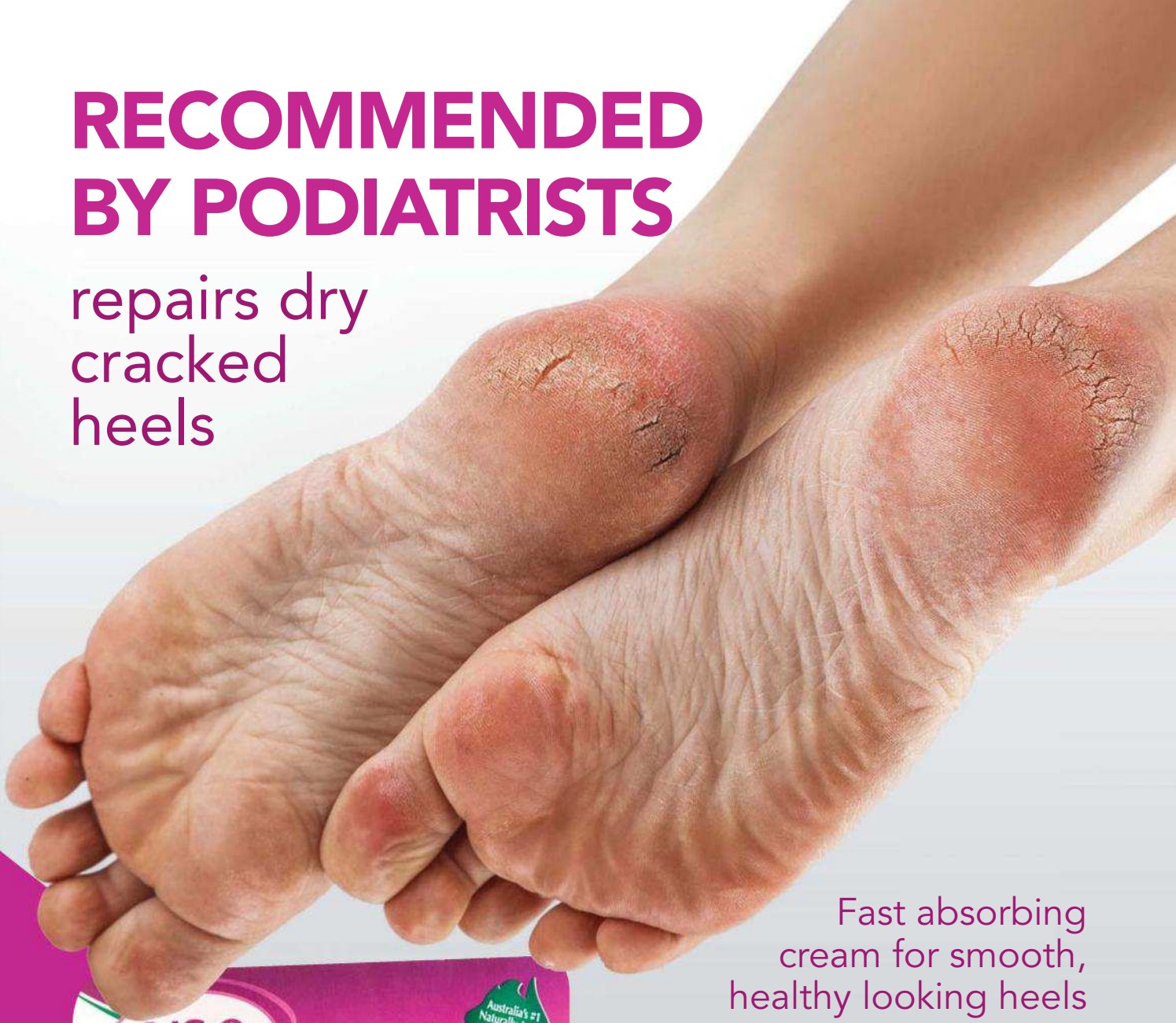


3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

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HELPING YOU LIVE AN ORDINARY LIFE

Researchers from the Harvard John A. Paulson School of Engineering and Applied Sciences have successfully trialled an artificial pancreas system to help people with type 1 diabetes control their blood sugar levels. This 'organ' – insulin pump and glucose monitor – is essentially “trying to behave like the pancreas of a person without diabetes”, through an algorithm on a smartphone that regulates your glucose levels and then automatically delivers appropriate levels of insulin based on activities, meals and sleep. The 12-week test saw significant improvements in the subject, including reduced levels of haemoglobin and less time spent in a hypoglycaemic state. Although there are still more tests and approvals required before bringing this to the market, the outlook is positive.

Elegant activewear

The latest addition to the fitness world is the Suunto 3 Fitness Watch. “Designed for people who lead an active lifestyle and value health and wellbeing”, this watch – along with the new Suunto app – logs your activities, rest, daily steps, calories and connects to GPS for tracking speed, distance and route. Based on your personal profile, this small and lightweight watch also monitors your daily stress levels, recovery and creates a seven-day training plan to help you improve your fitness. Available to purchase from 25 April, from \$279.99.



Sweet treat

When you're looking for a low-kilojoule drink, but are tired of turning to water, **Saxbys Diet Pineapple** is the next best thing. Sweet but tangy, this drink is big on flavour, a great refreshment for any day and only 25kJ per serve! For more information, visit saxbys.com.au.



MORE OBESE PEOPLE THAN UNDERWEIGHT BY 2022

The World Health Organization has found obesity rates among children aged **five** to **19** have **risen tenfold** in the past four decades, from **11 million** in 1975 to **124 million** in 2016. Following the largest ever epidemiological study, WHO warns if the trend continues, there will more children and adolescents who are obese than those who are moderately to severely underweight, by 2022.



Blog life

From online forums for PWD to advice from professionals, these inspirational blogs cover the daily struggles of PWD, as well as giving tips on how to live a healthy life with diabetes.

A SWEET LIFE (asweetlife.org)

Husband and wife Mike and Jessica both live with type 1 diabetes and, after discovering how well they managed as a team, they created A Sweet Life as a way to reach out to others in the community. The site offers everything there is to know about being a healthy diabetic, from sharing the latest news to information on relevant products and technology, as well as diabetic-friendly recipes.

DIATRIBE (diatribe.org)

An online publication empowering readers with helpful tips, insights and information on living well with diabetes and pre-diabetes. Alongside reporting late-breaking news in the diabetes community, all of their features are written by healthcare professionals and people with diabetes.

DLIFE (dlife.com)

Empowering people with diabetes to live a healthy and happy life through self-management, dLife offers useful insights into nutrition and exercise. Covering a range of topics to help you understand diabetes, they also answer all those questions you've wanted to ask.

TYPE 1 WRITES (type1writes.com)

Diagnosed in 2010 at the age of 17, Frank started this personal blog as a creative outlet to complement his studies. Joining the online diabetes community, he passionately shares his experiences and stories, and his day-to-day life living with type 1.

MEDICATION MOTIVATION

Many studies show that 50 per cent of people with chronic diseases in the developed world fail to take their prescribed medication. From this knowledge, Sydney-based start-up Perx has developed a NSW government-supported app that sends users reminders and follow-ups. It rewards users who "adhere to their medication regimen" with petrol vouchers, movie tickets and gift cards.



Q&A ASK CHRISTINE

My doctor has been on at me for ages about doing more exercise. The whole exercise thing confuses me. I'm not a fan and I'm just lost on what I'm meant to be doing. Where do I start?

Christine says: There's lots of info out there more confusing than helpful.

The key is moving regularly and consistently to keep blood glucose levels stable and in safe ranges. This helps to manage your diabetes in the long term and improves overall health at the same time.

Choose an exercise you enjoy that feels like it's a physical effort. If that's yoga, swimming, dancing or walking, and you know you've challenged yourself, that's a perfect place to start.

Going from no exercise to each day is a big ask, so start with 2-3 non-consecutive days of exercise for about 15-30 minutes a session and build up. Being consistent is what improves your glucose levels and diabetes (see page 126 for more ideas). ➤

Christine Armarego,
accredited exercise physiologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

10%

increase in death rate, from 2009 to 2014, among people with type 2 diabetes. However, this figure – published in late 2017 by the Australian Institute of Health and Welfare – is mainly driven by the increase in the elderly (aged 85 and over).



Get your flu vac now

During the colder months of the year (April to October) it is more common to catch the flu (influenza), but a vaccination can help to protect you. In 2017, the Immunisation Coalition reported almost 250,000 laboratory confirmed cases of influenza, up from almost 91,000 in 2016. Visit your GP or immunisation provider (such as Terry White Chemmart) from April to receive your flu vaccine.



PROTECTION AGAINST MIGRAINES

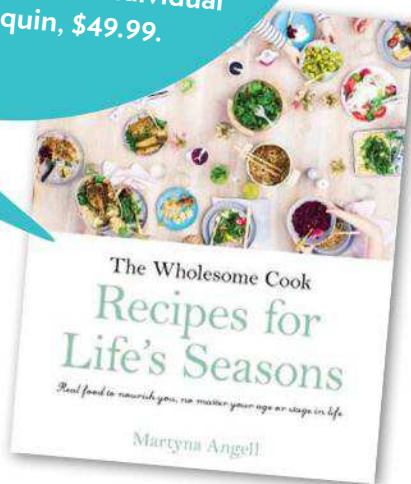
Findings published in *Cephalalgia* found people who are treated for diabetes are less likely to be treated for migraines. The results concluded at the University of Bergen in Norway suggest that diabetes – or the medication – forms a protective factor and, with further investigation, researchers hope to gain an insight into the mechanisms of, and possible improvement in, the treatment of the migraine.

Could hookworms protect against diabetes?

A world-first trial conducted by researchers at the Australian Institute of Tropical Health and Medicine, and the Centre for Chronic Disease Prevention, both at James Cook University, will explore the effectiveness of hookworms preventing type 2 in women aged 18-44. This comes from the discovery that societies that have high levels of worm infestations do not have type 2 diabetes. For more information, visit aithm.jcu.edu.au/wam/

THE WHOLESOME COOK: RECIPES FOR LIFE'S SEASONS BY MARTYNA ANGELL

It's not just the weather – your body goes through seasons, too. Health coach Martyna Angell shares 180 endlessly flexible recipes that cater perfectly to each stage of your life – such as infants, toddlers, children, teens, adults and older age, or those who are pregnant or menopausal – and can be adapted to support your individual health. Harlequin, \$49.99.



Low GI bread

If you're managing your carbs, adding a low GI certified bread to your diet could help. **Helga's**



Lower Carb 5 Seeds loaf is not only high in protein and a good source of fibre and omega-3s, it's also bursting with a blend of poppy, linseed, sunflower and psyllium seeds. For more information, visit helgas.com.au.

FITBIT BUZZ

Fitbit CEO James Park has confirmed the company's investment in Sano – a company developing a coin-sized patch that has the ability to track BGLs – to help create a device that also helps with health solutions.



Why do my feet always feel cold?

Danielle says: We all get cold feet from time to time (in the literal sense), but it is usually through seasonal changes and wearing the wrong footwear. But some people's feet feel cool to the touch all the time. This is most often the result of poor circulation to the peripheries (legs and feet) and may be caused by a range of health issues. Increasing activity levels, especially if you sit at a desk all day, can help.

If the feet feel cold on the inside but not to the touch, then it may indicate nerve damage. This is most commonly caused by diabetes, but may be the result of other health problems. Typically, other symptoms include numbness, tingling, or pins and needles.

A podiatrist or other health professional can help determine if poor blood flow and/or nerve damage is the cause, and whether further investigation is needed by your GP (see page 93 for more information). ➤

Danielle Veldhoen, podiatrist

Email your questions to: diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Support & Care

Credentialed Diabetes Educators are your go-to recognised and qualified specialists in diabetes education and care.

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ADEA also supports research that helps people with diabetes to live well every day, through its research arm, the ADEA Diabetes Research Foundation.



HELP DIABETES RESEARCH TODAY

Please support this great work by buying a ticket (or multiple) in the ADEA's fundraising lottery. Just \$2 buys you a ticket to help fund research that helps 1.7 million Australians with diabetes to live well every day. There are fantastic prizes to be won, including:

1st Hyundai Accent Active

2nd 65-inch Premium LCD Smart TV

3rd 120,000 Qantas Points

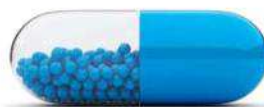
To get your tickets, and for T&Cs, visit RAFFLELINK.COM.AU/ADEA



Prize shown is indicative only.

your healthy life

1 pill 2 diseases



Scientists believe they have overcome two major medical hurdles in discovering a drug that can combat both diabetes and obesity. Semaglutide, a pharmaceutical drug used for the treatment of type 2 diabetes, initially developed to help control blood sugar levels in people with diabetes by Novo Nordisk – a Danish pharmaceutical company – has been found to help obese people lose weight, according to a study conducted at the University of Leeds. The study found patients were less hungry and had fewer cravings for food in as little as 12 weeks. After the success of the second phase, the clinical trial is to undergo a third phase, believed to last for up to four years, before hopefully being released to the public.

WORDS ELLIE GRIFFITHS PHOTOGRAPHY GETTY IMAGES, SHUTTERSTOCK

BMI VS WAIST CIRCUMFERENCE

The waistlines of Australian adults are increasing faster than body weight, with researchers from Deakin and Monash universities concluding from three surveys – in 1989, 2000 and 2012 – that the waist circumference for individuals of the same height, body weight and age has increased by 6.7cm among women and by 2.8cm among men since 1989. Further, by 2012, one in five women and one in 10 men were obese, according to their waist circumference; however, this was not detected by their BMI. As a result, there has been a call to re-evaluate how we monitor being overweight and obese. ■



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Jason performing on stage for *Australian Idol* 2009, in the top 24.

PASSING ON *wisdom*

Late songwriter Jason Bartlett has left an important message about living your best life

► “There is no future. At a young, early age I’m going. 36 years of age and I’m looking down the barrel of a gun.”

Nine days before dying from complications of diabetes and obesity, songwriter and former *Australian Idol* contestant Jason Bartlett recorded his diabetes story – ‘Passing on Wisdom’ – from his Royal Perth Hospital bed, urging the next generation of Australians, especially men, to look after themselves, so they can be there for their loved ones as long as possible.

“No one wants to be here in this bed,” says Jason. “It’s not a life that I recommend for anyone. So I say to everybody to look after themselves, rethink alcohol, rethink drug use.”

Diagnosed with type 2 diabetes at the age of 19, Jason blamed a combination of a lack of health education and ignoring the danger signs that gradually lead to a tragic sequence of chronic conditions, leaving him blind and unable to walk.

“What [diabetes has] done to my body and my whole health – just deteriorated it,” he says. “Basically, grabbed it and squashed it like a can.”

As a young adult, Jason was in “party state”, having a drink at the parties he attended. The federal government’s Aboriginal

“It hit me like a railway train because I didn’t look after what I was supposed to look after.”

and Torres Strait Islander Health Performance Framework (2014) reported Indigenous Australians were hospitalised for acute intoxication at 11 times the rate of non-Indigenous Australians, and at five times the rate for alcoholic liver disease.

As Jason continued to party

and drink heavily, his kidneys began to fail, slowly. “Kidney disease associated with diabetes is much more prevalent [more than 10 times greater] in Indigenous populations,” says Associate Professor and Director of Clinical Diabetes Neale Cohen at the Baker Heart and Diabetes Institute. He says the key factor in Indigenous communities leading to higher complication rates is the poor control of diabetes.

Once Jason’s kidneys failed, his eyesight began to deteriorate due to glaucoma. “And when that happened, I had to make sure that I started doing things right,” he says. “It was a big slap in the face when it took my vision.”

At the time, he was still walking, but when the foot ulcers began – and it came to a point they were not going away – he was no longer allowed to walk, making it harder for Jason and wife Jaimee to get around.

Before his health issues, Jason was looking at a bright



future. "In 2009, Jason made it through to the top 24 on [reality television show] *Australian Idol*," says his cousin, Federal Minister for Indigenous Health Ken Wyatt. "[He] continued his career after the show, writing, recording and performing with the popular Bartlett Brothers band". Becoming known as the Indigenous rock band from Perth which created music that not only touched the heart but also lifted the spirit, the brothers were ready to launch themselves into Sydney's music scene. "We lost Jason shortly after he made the brave but agonising decision to cease dialysis," the Minister says.

Mr Wyatt explains Jason's dream was to change the world for the better. Although this was originally through his music, his wish changed to simply wanting to get the health message out.

"Jason strongly but humbly tells it like it is," says Mr Wyatt. "There is no self-pity, just heartfelt statements of fact that apply to all Australians. If his video can help just one person to make life-changing choices, Australia will be better for it."

Jason Bartlett's widow, Jaimee Bartlett, holding a treasured photograph of her late husband, with (left to right) Dr Sandra Thompson (WA Centre for Rural Health), Indigenous Health Minister Ken Wyatt AM and Adrian Bartlett (both cousins of Jason), his brother Phil Bartlett and WACRH's Lenny Papertalk.

Making good, healthy decisions when he was younger could have saved Jason's life, but unfortunately, his insight came too late. "If I could go back in time and do something differently, I would never, ever have touched the bottle," says Jason. "Never, ever would have drunk alcohol."

"Why can't we just go and have a barbecue with the kids, down at the beach, or go to the river and just throw a line in, and spend time together that way, you know?" he asks in his video.

"We need to look at life without alcohol, without drugs, because if we don't start doing it now then the next generations to come, they might as well be dead." ■

SCREENING REMINDER

*"The concern about missing the diagnosis is the damage that can be done from poorly controlled glucose levels," says Associate Professor Neale Cohen. "Screening in Indigenous adults for diabetes is now recommended."

If you or someone you know has diabetes, please encourage them to see their doctor or health professional to discuss management. Also support them in attending a seminar that provides practical skills for managing type 2 diabetes. For more information on Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND), visit desmondaustralia.com.au.



Jason received his jersey after his nephew had been drafted to AFL's Geelong Cats.

**NUTRITION
INFO**

100g pear
(approx. half a pear)
provides: 249kJ,
10g carbs, 4g fibre,
1mg sodium, 110mg
potassium

IN SEASON

PEARS

This diabetes-friendly fruit is affordable and abundant right now. Each variety has its own subtle flavour and texture – and packs exceptional nutrition. Choose a favourite for these recipes

CHOCOLATE, PEAR AND PISTACHIO TART

PREP TIME: 30 MINS (+ 15 MINS
STANDING AND 2 HOURS CHILLING)

COOK TIME: 20 MINS

SERVES 10

(AS AN OCCASIONAL DESSERT)

- 150g (1 cup) plain flour
- 1 Tbsp sugar
- 2 Tbsp light margarine
- 1½ Tbsp light sour cream
- 1 Tbsp canola oil
- 4-5 Tbsp iced water
- 390g (1½ cups) low-fat
vanilla yoghurt
- 90g dark chocolate, finely chopped
- 1 pear, unpeeled, quartered,
core removed, sliced
- 1 tsp fresh lemon juice
- 1 tsp honey
- 2 Tbsp salted roasted pistachio
nuts, chopped

1 Preheat oven to 210°C (fan-forced). Combine flour and sugar in medium bowl. Add margarine. Use fingertips to rub in, until mixture resembles fine crumbs. Add sour cream and oil. Toss with a fork. Gradually add water, until mixture starts to come together into a ball. Press into a rectangle, cover in plastic wrap and chill for 1 hour.

2 Roll pastry out to line a 35 x 13cm (top measurement) loose-bottomed flan tin. Trim edges. Prick pastry. Line with baking paper and fill with baking beans. Bake for 8 minutes, then remove beans and paper. Bake for a further 6 minutes, or until golden. Set aside to cool.

3 Cook yoghurt and chocolate in a medium microwave-safe bowl on high/100% for 30 seconds. Stir until well combined. Spread over tart shell. Set aside for 15 minutes.

4 Toss pear slices with lemon juice and arrange over tart. Drizzle with honey and sprinkle with nuts. Place in the fridge for 1 hour to chill before serving. ➤



How our
food works
for you
see page 69

NUTRITION INFO

PER SERVE 902kJ,
protein 4g, total fat 9g
(sat. fat 3g), carbs 29g,
fibre 2g, sodium 63mg
• Carb exchanges 2
• GI estimate low

COOK'S TIP

Keep in an airtight container
in the fridge for up to 3 days.

Absolute perfection

PEARS ARE THE BEST IN AUTUMN,

so now is a great time to indulge! Picking seasonal fruit means you not only get the tastiest, but also the most nutritious (and cheapest), options.

PEARS PACK A DECENT PUNCH

of insoluble and soluble fibre, so it's important to always eat the skin. Fibre helps keep you feeling fuller for longer, promotes a healthy digestive system and can even help lower cholesterol.

PEARS TEND TO BE LOWER

in natural chemicals, so can be better tolerated by people with food chemical sensitivities than some other fruits.

YOU CAN TELL IF A PEAR IS

ripe by pressing your thumb to the neck. If it yields to gentle pressure, it's ready. To ripen, leave out at room temperature. Once ready, keep in the fridge to slow the ripening process and make it last longer.

The whole truth

Don't ditch the peel as it's rich in antioxidants that fight off damaging free radicals in the body. And removing the peel results in a 25 per cent decrease in vitamin C, according to a 2011 study published in the *Journal of Agricultural and Food Chemistry*.

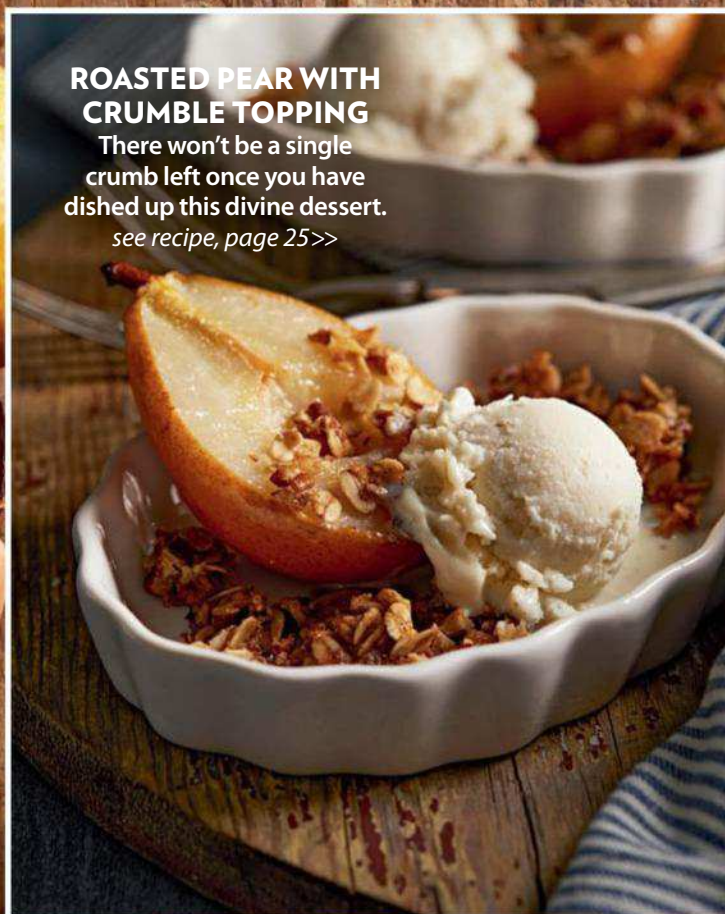
NUTRITION INFO

Right: **PER SERVE** (with sugar) 656kJ, **protein** 3g, **total fat** 5g (sat. fat 1g), **carbs** 17g, **fibre** 6g, **sodium** 25mg
• Carb exchanges 1
• GI estimate low

PER SERVE (with sugar substitute) 616kJ, **protein** 3g, **total fat** 5g (sat. fat 1g), **carbs** 15g, **fibre** 6g, **sodium** 24mg
• Carb exchanges 1
• GI estimate low

ROASTED PEAR WITH CRUMBLE TOPPING

There won't be a single crumb left once you have dished up this divine dessert. *see recipe, page 25>>*



NUTRITION INFO

PER SERVE (with sugar) 550kJ, protein 3g, total fat 5g (sat. fat 1g), carbs 18g, fibre 2g, sodium 67mg
 • Carb exchanges 1
 • GI estimate medium

PER SERVE (with sugar substitute) 478kJ, protein 3g, total fat 5g (sat. fat 1g), carbs 13g, fibre 2g, sodium 66mg
 • Carb exchanges 1
 • GI estimate medium

CINNAMON-GINGER SPICED PEAR MUFFINS

PREP TIME: 15 MINS

COOK TIME: 20 MINS

MAKES 18 (1 PER SERVE AS A SNACK)

150g (1 cup) plain flour
 80g (½ cup) wholemeal plain flour
 1 tsp baking powder
 1 tsp ground cinnamon
 ½ tsp bicarbonate of soda
 ½ tsp ground ginger
 ¼ tsp ground nutmeg
 250ml (1 cup) buttermilk
 80ml (⅓ cup) canola oil
 60g egg, lightly whisked
 2 tsp vanilla essence
 100g (⅔ cup) brown sugar or granulated sugar substitute
 2 medium pears
 2 tsp fresh lemon juice
 1 tsp icing sugar

1 Preheat oven to 180°C (fan-forced). Spray 18 x 50ml (2½ Tbsp) flat-bottomed patty tins with cooking spray.

2 Combine the flours, baking powder, cinnamon, bicarbonate of soda, ginger and nutmeg in a large bowl. Make a well in centre.

3 Whisk buttermilk, oil, egg and vanilla essence in a small bowl. Stir in sugar. Add to dry ingredients and mix until just combined. Peel one pear and chop. Fold into the batter. Cut remaining unpeeled pear in 18 thin slices and brush

with lemon juice. Spoon batter into tins. Top with pear slices.

4 Bake the muffins in preheated oven for 18-20 minutes, or until a skewer inserted into the centre comes out clean. Transfer to wire racks to cool. Dust with icing sugar.

COOK'S TIP

Keep muffins in airtight container in the fridge for up to 2 days. Alternatively, wrap individually in plastic wrap. Put in resealable freezer bags. Label, date and freeze for up to 3 months. ➤



GO LOW

Pears are low GI, which can help manage your blood glucose and hunger levels. Following a low GI diet has also been shown to help with weight management.

PEAR CROSTINI WITH BLUE CHEESE SPREAD

A match made in foodie heaven that will delight with each bite.

see recipe, opposite >>

OPEN-FACE PEAR AND HAM CIABATTA

A snack with class, and lots of goodness from its fresh ingredients.

see recipe, opposite >>



PEAR CROSTINI WITH BLUE CHEESE SPREAD

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 8 (3 PER SERVE AS A SNACK)

170g piece sourdough or gluten-free baguette, cut into 24 slices

Cooking spray

3 Tbsp light spreadable cream cheese

30g blue cheese, crumbled

3 Tbsp light sour cream

2 cloves garlic, crushed

1 pear, unpeeled, quartered, core removed, thinly sliced

Balsamic glaze, to serve

Thyme leaves, to serve

1 Preheat oven to 180°C (fan-forced). Arrange bread slices on a large baking tray and spray tops with cooking spray. Bake for 10 minutes or until golden brown. Transfer to wire racks to cool.

2 Meanwhile, mix the cream cheese, blue cheese, sour cream and garlic in a small bowl.

3 Spread cheese mixture over bread slices and top with pear slices. Drizzle with balsamic glaze and top with thyme leaves. Serve immediately.

NUTRITION INFO

PER SERVE 523kJ, protein 4g, total fat 6g (sat. fat 3g), carbs 12g, fibre 2g, sodium 170mg

• Carb exchanges 1 • GI estimate low
• Gluten-free option



OPEN-FACE PEAR AND HAM CIABATTA

PREP TIME: 20 MINS

COOK TIME: 5 MINS

SERVES 4 (AS A LIGHT MEAL)

2 x 80g ciabatta rolls, split in half

Cooking spray

3 Tbsp 97 per cent fat-free mayonnaise

1 Tbsp shredded basil

1 tsp fresh lemon juice

1 cup rocket leaves

1 tsp white wine vinegar or apple cider vinegar

125g thinly sliced salt-reduced ham

2 pears, unpeeled, quartered, core removed, sliced

¼ small red onion, thinly sliced

20g parmesan shavings

1 Preheat a grill on medium. Place the rolls, cut-side up, on a baking tray and spray with cooking spray. Cook under the grill for 1-2 minutes or until toasted.

2 Combine the mayonnaise, basil and lemon juice in a small bowl. Spread over the rolls. Toss the rocket and vinegar in a small bowl.

3 Top the rolls with the ham, pear, rocket, onion and parmesan. Serve.

NUTRITION INFO

PER SERVE 1030kJ, protein 12g, total fat 5g (sat. fat 2g), carbs 32g, fibre 6g, sodium 482mg

• Carb exchanges 2
• GI estimate medium



ROASTED PEAR WITH CRUMBLE TOPPING

PREP TIME: 20 MINS

COOK TIME: 25 MINS

SERVES 4 (AS A DESSERT)

2 red pears, unpeeled, halved lengthways

2 tsp light margarine, melted

¼ tsp vanilla essence

20g (¼ cup) rolled oats

2 Tbsp coarsely chopped pecans

1 Tbsp brown sugar or granulated sugar substitute

Pinch ground cinnamon

4 small scoops Peters No Sugar

Added Creamy Vanilla ice-cream

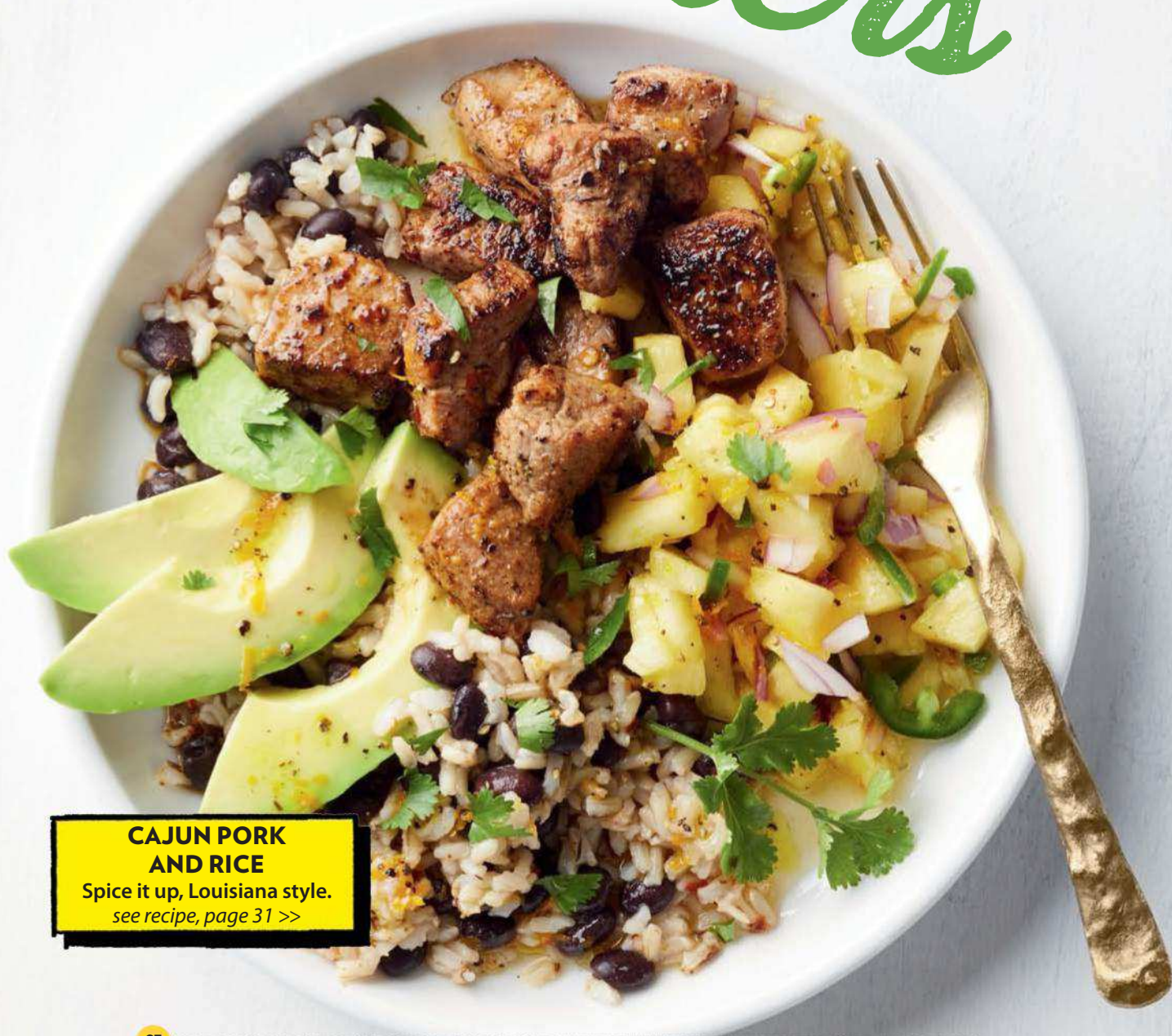
1 Preheat oven to 180°C (fan-forced). Line a large baking tray with baking paper. Use a teaspoon to remove core from each pear half. Brush the cut side of the pears with 1 tsp of the margarine. Place, cut-side down, on one side of the lined tray. Roast for 15 minutes.

2 Meanwhile, combine the remaining margarine, vanilla essence, oats, pecans, sugar and cinnamon in a small bowl.

3 Add oat mixture to other side of the tray and roast for a further 8-10 minutes, stirring the oats once, until the pears are tender and the oats are golden brown.

4 Place a pear half in each serving bowl. Sprinkle with crumble. Serve with ice-cream. ■

5 days 5 dinners



CAJUN PORK AND RICE

Spice it up, Louisiana style.
see recipe, page 31 >>

GF

NUTRITION INFO PER SERVE 2430kJ, protein 40g, total fat 19g (sat. fat 4g), carbs 60g, fibre 13g, sodium 226mg • Carb exchanges 4 • GI estimate low • Gluten free

1

cooking for two

Liven up weekday meal times with these flavoursome recipes from around the world, with a little spice!

**ASIAN BEEF
NOODLE SALAD**

Quick with lots of flavour.
see recipe, page 31 >>

How our
food works
for you
see page 69

GFO

NUTRITION INFO
PER SERVE 1750kJ,
protein 32g,
total fat 16g (sat. fat
3g), carbs 32g, fibre
9g, sodium 696mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

2

VEGIE
BOOM!

cooking for two

MIGHTY OMEGA 3s

3



LC

NUTRITION INFO

PER SERVE 2010kJ,
protein 36g, total fat 24g
(sat. fat 6g), carbs 26g,
fibre 8g, sodium 200mg
• Carb exchanges 1½
• GI estimate low
• Lower carb

SALMON WITH SAUTÉED VEGIES AND BARLEY

see recipe, page 31 >>

LAMB AND CHICKPEA BOWLS

Healthy meat and veg.

see recipe, page 32 >>

GF

LC

NUTRITION INFO

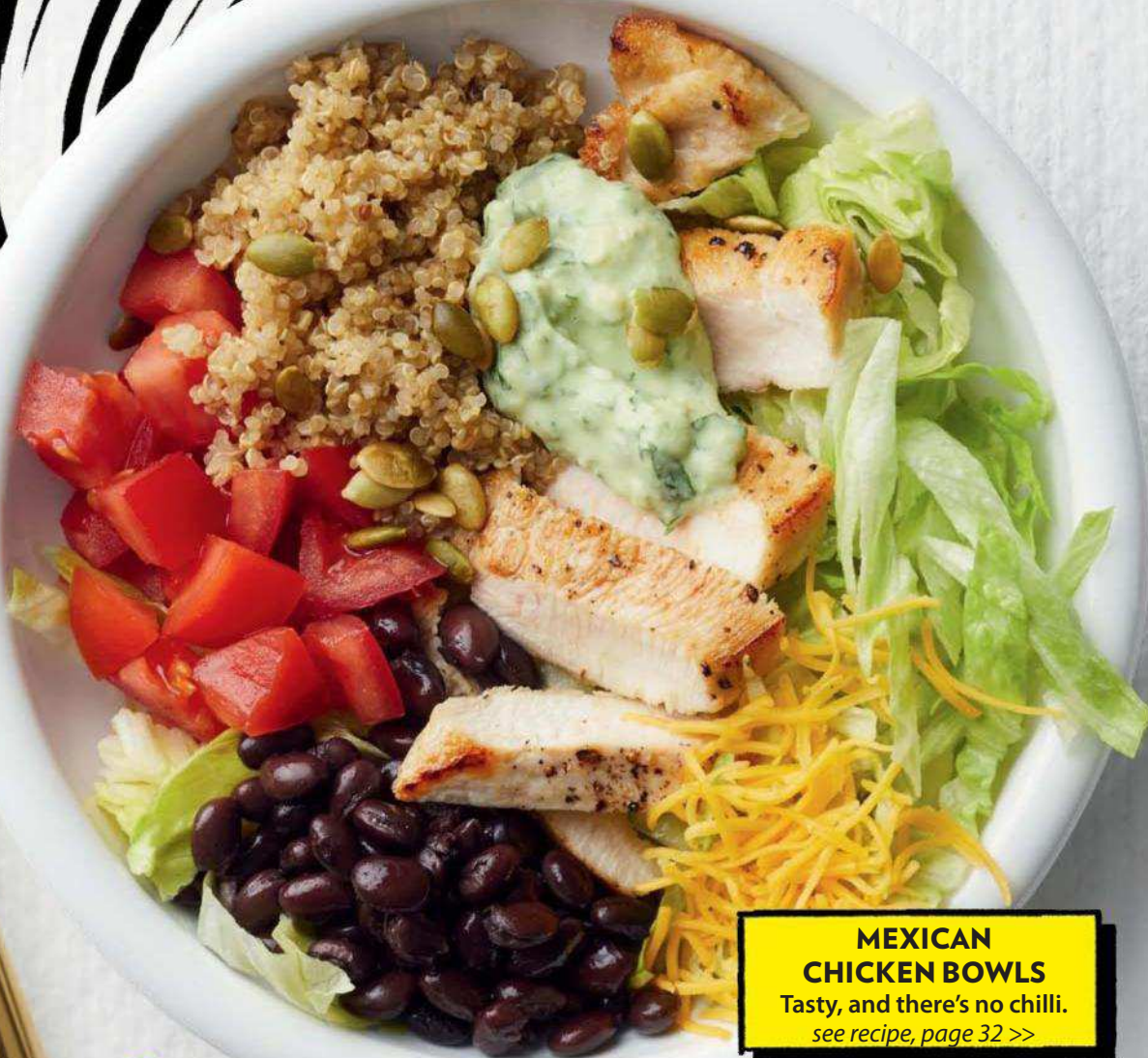
PER SERVE 1500kJ,
protein 39g, total fat
9g (sat. fat 2g), carbs
24g, fibre 10g,
sodium 182mg

- Carb exchanges 1½
- GI estimate low
- Gluten free
- Lower carb

PROTEIN PUNCH 4

5

SUPER GRAINS



GF

MEXICAN CHICKEN BOWLS

Tasty, and there's no chilli.
see recipe, page 32 >>

NUTRITION INFO PER SERVE 1870kJ, protein 44g, total fat 18g (sat. fat 5g), carbs 27g, fibre 8g, sodium 377mg • Carb exchanges 2 • GI estimate low • Gluten free



CAJUN PORK AND RICE

PREP TIME: 20 MINS

COOK TIME: 30 MINS

SERVES 2 (AS A MAIN)

60g (¼ cup) SunRice Low GI

Brown Rice

2 tsp Cajun seasoning

¼ tsp orange zest

1 Tbsp fresh orange juice

2 tsp white wine vinegar

2 tsp fresh lime juice

2 tsp honey

3 tsp olive oil

Freshly ground black pepper

1 cup chopped fresh pineapple

1 small red onion, thinly sliced

¼ small red chilli, seeds removed, finely chopped

250g lean pork fillet, trimmed of fat, cut into 2.5cm pieces

1 Tbsp water

400g can black beans, rinsed and drained

½ avocado, sliced

Coriander leaves, to serve

1 Cook the rice with half the Cajun mix in a small saucepan, following packet directions. Drain well.

2 Meanwhile, whisk the orange zest, orange juice, vinegar, lime juice, honey and 1 tsp oil in a small bowl. Season with pepper.

3 Combine the pineapple, onion and chilli in a small bowl.

4 Put the pork, the remaining Cajun mix and the rest of the oil in a medium bowl. Season with pepper. Toss to combine. Heat a medium non-stick frying pan over medium-high heat. Add the pork and cook, tossing often, for

3-4 minutes or until the pork is just cooked through. Add the water and cook for 1 minute or until the liquid is evaporated, stirring to scrape up the browned bits and coat the meat.

5 Toss the beans into the cooked rice. Divide the rice mixture, meat and pineapple mixture among serving bowls. Drizzle with the dressing and then top with the avocado slices and coriander.



ASIAN BEEF NOODLE SALAD

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

60g wholemeal spaghetti

or gluten-free pasta

1 Tbsp rice wine vinegar

1 Tbsp salt-reduced soy sauce

or gluten-free soy sauce

3 tsp fresh lime juice

2 tsp sesame oil

2 tsp olive oil

2 tsp honey

2 tsp grated fresh ginger

1 clove garlic, crushed

Pinch chilli flakes

Cooking spray

250g beef rump steak, trimmed of fat, diagonally sliced

1 Lebanese cucumber, chopped

½ cup shredded red cabbage

1 carrot, cut into thin sticks

2 Tbsp shredded basil

Lime wedges, to serve

1 Cook the pasta in a small saucepan of boiling water, following packet directions, or

until al dente. Drain and return to the pan. Cover to keep warm.

2 Whisk the vinegar, soy sauce, lime juice, sesame oil, olive oil, honey, ginger, garlic and chilli flakes in a bowl.

3 Spray a medium non-stick frying pan with cooking spray and heat over high heat. Add half the steak and cook for 1-2 minutes or until browned. Transfer to a plate. Repeat with the remaining steak. Remove from the pan.

4 Reduce pan heat to medium and add 2 Tbsp of the sauce.

Cook, stirring, for 1 minute, stirring to scrape up any browned bits. Remove the pan from the heat and add the beef. Toss to combine.

5 Divide the pasta, beef, cucumber, cabbage, carrot and basil among serving bowls. Drizzle over the remaining sauce. Serve with the lime wedges.



SALMON WITH SAUTÉED VEGIES AND BARLEY

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

65g (⅓ cup) pearl barley or farro

250g skinless and boneless salmon fillet

3 tsp olive oil

2 cloves garlic, crushed

Freshly ground black pepper

1 tsp lemon zest

2 Tbsp fresh lemon juice

200g zucchini, sliced

200g yellow squash, sliced

250g small button mushrooms, halved ➤

1 green shallot, finely chopped
1 Tbsp chopped flat-leaf parsley
2 tsp drained capers
½ tsp Dijon mustard
Extra chopped flat-leaf parsley, to serve (optional)

1 Cook pearl barley or farro in a small saucepan following packet directions. Drain well. Cover and set aside.

2 Meanwhile, preheat oven to 220°C (fan-forced). Line a baking tray with baking paper. Place the salmon on the lined tray and rub with 1 tsp oil and half the garlic, and season with pepper. Sprinkle over ½ of the lemon zest and 2 tsp lemon juice. Bake for 10 minutes or until the salmon just flakes.

3 Heat 1 tsp of the remaining oil in a large non-stick frying pan over medium-high heat. Add the zucchini, squash, mushrooms and remaining garlic to the pan. Cook, stirring often, for 5-6 minutes or until the vegetables are just tender. Season with pepper.

4 Put the shallot, parsley, capers, mustard, remaining lemon zest and juice and remaining oil in a small bowl. Season with pepper.

5 Flake the salmon into large pieces. Divide the barley, zucchini mixture and salmon between serving bowls. Drizzle over the dressing and the extra parsley, if using.



LAMB AND CHICKPEA BOWLS

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

250g lamb leg steaks, trimmed of fat, cut into 2.5cm pieces
½ tsp ground coriander
¼ tsp ground cumin
Pinch chilli flakes
3 tsp olive oil
Freshly ground black pepper
¼ cup shredded mint
1 tsp lemon zest
2 cloves garlic, crushed
400g can no-added-salt chickpeas, rinsed and drained
2 tomatoes, chopped
1 Lebanese cucumber, chopped
2 Tbsp chopped flat-leaf parsley
2 tsp red wine vinegar
2 Tbsp fat-free Greek-style natural yoghurt

1 Preheat oven to 170°C (fan-forced). Line a small roasting tray with baking paper. Toss the lamb, coriander, cumin, chilli flakes and 1 tsp olive oil in a bowl. Season with freshly ground black pepper. Roast for 15 minutes, or until lamb is tender.

2 Combine the mint, lemon zest and garlic in a small bowl. Put the chickpeas, tomatoes, cucumber, parsley, vinegar and remaining oil in a medium bowl. Season with pepper and toss to combine.



MEXICAN CHICKEN BOWLS

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

45g (¼ cup) quinoa, rinsed and drained
125ml (½ cup) boiling water
½ tsp ground cumin
250g skinless chicken breast fillets, trimmed of fat, halved horizontally
Freshly ground black pepper
1 tsp olive oil
¼ avocado, peeled, mashed until smooth
¼ cup shredded coriander
2 Tbsp fat-free Greek-style natural yoghurt
1-2 tsp fresh lime juice
2-3 Tbsp skim milk (optional)
1 cup iceberg lettuce, shredded
1 large tomato, chopped
½ x 400g can black beans, rinsed and drained
30g (¼ cup) grated reduced-fat cheese
1 Tbsp roasted pumpkin seeds

1 Cook the quinoa, water and cumin, covered, in a small saucepan over medium-low heat for 10-12 minutes or until water is absorbed.

2 Meanwhile, sprinkle both sides of the chicken breast with pepper. Heat the oil in a medium non-stick frying pan over medium heat. Add the chicken and cook for 2-3 minutes each side, or until cooked through. Transfer to a plate, cover loosely with foil, and set aside for 5 minutes to rest. Diagonally slice the chicken.

3 Combine the avocado, coriander, yoghurt and lime juice in a small bowl. If desired, thin the mixture with a little milk to reach drizzling consistency.

4 Divide lettuce between serving bowls. Top with quinoa, tomato, beans, chicken, avocado mixture, cheese and pumpkin seeds.

YOUR shopping list

GROCERIES

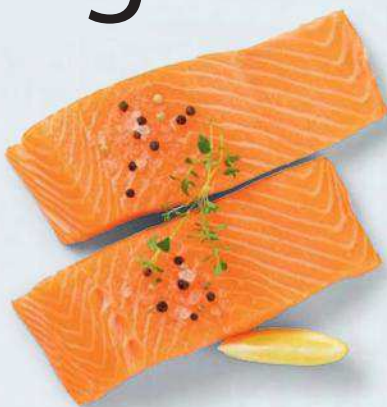
- ☐ 500g pkt pearl barley
- ☐ 110g bottle baby capers
- ☐ 750g pkt SunRice Low GI Brown Rice
- ☐ 35g bottle Masterfoods Cajun Seasoning
- ☐ 2 x 400g can black beans
- ☐ 400g can no-added-salt chickpeas
- ☐ 500g pkt wholemeal spaghetti
- ☐ 500g pkt quinoa
- ☐ 300g pkt pumpkin seeds

CHILLED

- ☐ 200g tub fat-free Greek-style yoghurt

FRUIT AND VEGETABLES

- ☐ 1 small red onion
- ☐ 1 small red chilli
- ☐ Small piece ginger
- ☐ 2 Lebanese cucumbers
- ☐ 1 carrot
- ☐ 4 tomatoes
- ☐ ¼ head red cabbage
- ☐ 200g zucchini
- ☐ 200g yellow squash
- ☐ 250g small button mushrooms
- ☐ 1 avocado
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 2 limes
- ☐ ½ pineapple
- ☐ 1 bunch coriander
- ☐ 1 bunch mint
- ☐ ½ bunch green shallots
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch basil
- ☐ Iceberg lettuce



SEAFOOD

- ☐ 250g skinless and boneless salmon fillets

MEAT AND POULTRY

- ☐ 250g lean pork fillet
- ☐ 250g lamb leg steaks
- ☐ 250g piece rump steak
- ☐ 250g skinless chicken breast fillet

PANTRY

- ☐ Olive oil
- ☐ Sesame oil
- ☐ Cooking spray
- ☐ Freshly ground black pepper
- ☐ 5 cloves garlic
- ☐ White wine vinegar
- ☐ Red wine vinegar
- ☐ Rice wine vinegar
- ☐ Salt-reduced soy sauce
- ☐ Dijon mustard
- ☐ Honey
- ☐ Ground coriander
- ☐ Ground cumin
- ☐ Chilli flakes
- ☐ Skim milk
- ☐ Reduced-fat grated cheese

cooking for two

LEFTOVERS

Pearl barley: Use in place of rice in making risotto, or cook and use in salads.

Baby capers: Use in salads, dressings or pasta sauces.

Brown rice: Cook and use in salads or serve with your favourite stir-fry.

Cajun seasoning: Sprinkle over chicken or fish before pan-frying or barbecuing.

Black beans: Toss with chopped avocado, tomato, coriander, green shallots and a squeeze of lime juice to serve with chargrilled chicken or fish, a bread roll and a garden salad.

Spaghetti: Break into pieces and add to soups or cook and serve with your favourite healthy bolognese.

Quinoa: Serve with your favourite curry in place of rice, or cook and use in salads.

Pumpkin seeds: Munch on for a healthy snack or use in salads.

Green shallots: Use in salads, pasta sauces or salad dressings

Herbs: Salads, dressings, pesto or alternative to lettuce in sandwiches.

Chilli: Finely chop and use in salad dressings or stir-fries.

Ginger: Finely grate and use in salad dressings, stir-fries or a hot drink with lemon.

Citrus: Salad dressings, sauces.

Pineapple: Chop up and serve as a snack or pan-fry, drizzle with a little honey and serve with a scoop of low-fat ice-cream.

Avocado: Sandwiches, salads.

Cabbage: Shred for salads or sauté with garlic, carrot and toss in chopped parsley.

Lettuce: Salads, sandwiches.

Yoghurt: Serve with fruit and sprinkling of pumpkin seeds for a quick breakfast or snack. ■

In association with Spud Lite



How our
food works
for you
see page 69

NUTRITION INFO
PER SERVE 1960kJ,
protein 37g, total fat
12g (sat. fat 5g),
carbs 42g, fibre 12g,
sodium 611mg
• Carb exchanges 3
• GI estimate medium

Life of pie

Welcome cooler nights with this lower-carb, delicious family fave

COTTAGE PIE

PREP TIME: 20 MINS

COOK TIME: 45 MINS

SERVES 4 (AS A MAIN)

1.25kg **Spud Lite Potatoes**, unpeeled
1 tsp olive oil
1 leek, halved lengthways, finely sliced
2 cloves garlic, crushed
400g extra lean beef mince
2 Tbsp light gravy powder
400g can no added salt chopped tomatoes
1 Tbsp Worcestershire sauce
250ml (1 cup) water
2 carrots, coarsely grated
2 zucchini, coarsely grated
2 cups baby spinach leaves
1 Tbsp light margarine

60ml (¼ cup) skim milk, warmed
2 Tbsp chopped herbs (such as parsley and chives)
60g (½ cup) grated reduced-fat cheese
Parsley leaves, to serve (optional)

1 Cook potatoes in a medium saucepan of boiling water for 20 minutes or until very tender. Drain.
2 Meanwhile, heat oil in a large, non-stick frying pan over medium heat. Add leek and garlic. Cook, stirring occasionally, for 7-8 minutes or until leek softens. Raise heat to high. Add mince. Cook, stirring, for 2-3 minutes or until mince changes colour. Stir in gravy powder, tomato, Worcestershire

sauce and water. Bring to a simmer. Stir in carrot and zucchini. Reduce heat to medium-low and cook, covered, for 10 minutes. Remove lid and continue to cook for a further 5 minutes. Stir in spinach.

3 Preheat oven to 190°C (fan-forced). Peel potatoes and return to pan. Add margarine and mash until smooth. Stir in milk, herbs and half the cheese.

4 Spoon mince mix into ovenproof 2.5L dish. Place on baking tray lined with baking paper. Spoon mash on top and spread evenly. Rough up surface with a fork. Sprinkle over rest of cheese. Bake 20-25 minutes or until top is light golden brown. Top with parsley, if desired. Serve. ■

Lower-carb eating JUST GOT EASIER

If you're a potato lover you might have been giving spuds a miss – worried they were too high in carbs. Good news! Spud Lite is a new potato that has 25 per cent less carbs than an average potato.

Spud Lite is a golden, creamy potato bursting with nutrition, plus it's super tasty and incredibly easy to prepare. Providing a light, creamy and non-earthly flavour when mashed, and a crisp, crunchy, soft pillow texture when roasted or fried, Spud Lite's versatility makes it the complete all-rounder.

Grown in South Australia, this potato variety has come from natural cross pollination without any genetic modification. The growing period is 20-30 per cent shorter than most other varieties, which

means it needs less maintenance and feeding. It has also consistently shown that it has a longer shelf life than many other popular potato varieties – meaning less greening and less wastage.

A further addition to the Spud Lite family is the small version packed with the same amount of nutrition and taste, the Baby Spud Lite.

Baby Spud Lite, like Spud Lite, is 25 per cent lower in carbs than the average potato and is perfect to use in your favourite potato recipes.



How our
food works
for you
see page 69

NUTRITION INFO

PER SERVE 2050kJ,
protein 19g, total
fat 18g (sat. fat 4g),
carbs 56g, fibre 11g,
sodium 402mg

- Carb exchanges 3½
- GI estimate low

CHICKPEA & RED LENTIL PATTIES

Fulfil your burger urge
with the tasty take you've
been waiting for.
see recipe, page 42 >>

mains

Vegetarian MAINS

Try a different
take on protein
with these
deliciously simple
meat-free meals

VEGIE AND TOFU LAKSA

This classic spicy soup
enjoys a fast – and
delicious – makeover.
see recipe, page 43 >>

NUTRITION INFO

PER SERVE 1920kJ,
protein 31g, total
fat 13g (sat. fat 4g),
carbs 55g, fibre 9g,
sodium 606mg
• Carb exchanges 3½
• GI estimate low



GFO

VEGETARIAN COTTAGE PIE

Bursting with crunch and flavour, this is comfort food at its very finest.
see recipe, opposite >>

VEGETARIAN COTTAGE PIE

PREP TIME: 20 MINS

COOK TIME: 1 HOUR

SERVES 4 (AS A MAIN)

- 1 Tbsp extra virgin olive oil
- 1 leek, halved lengthways, finely sliced
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 200g mushrooms, sliced
- 2 zucchini, finely chopped
- 2 cloves garlic, chopped
- 400g can no-added-salt chopped tomatoes
- 425g can no-added-salt brown lentils, rinsed and drained
- 140g tub no-added-salt tomato paste
- 1 Tbsp balsamic vinegar
- 250ml (1 cup) salt-reduced vegetable stock or gluten-free stock

Topping

- 1kg Spud Lite potatoes, peeled, cut into large pieces
- 1 Tbsp light margarine
- 125ml (½ cup) buttermilk
- 60g (½ cup) grated low-fat cheese
- 20g (⅓ cup) breadcrumbs, made from sourdough bread or gluten-free bread
- Zest of 1 lemon
- 1 Tbsp finely chopped rosemary leaves

1 Heat oil in a large, deep frying pan or saucepan over medium heat. Add the leek, carrot, celery, mushroom, zucchini and garlic. Cook, stirring occasionally, for 6-7 minutes or until the vegetables start to soften.

2 Add the tomatoes, lentils, tomato paste, balsamic vinegar and stock to the pan. Cover and bring to a simmer over medium heat. Reduce heat to medium-low and simmer, covered, for 15 minutes. Remove the lid and continue to cook for a further 10 minutes or until the mixture reduces and thickens.

3 Meanwhile, to make the topping, cook the potatoes in a large saucepan of boiling water for 12-15 minutes or until tender. Drain well and return to the pan. Add the margarine and mash until almost smooth. Add the buttermilk and beat until smooth. Combine the cheese, breadcrumbs, lemon zest and rosemary in a small bowl.

4 Preheat oven to 190°C (fan-forced). Place a 2.5L (10 cup) ovenproof dish on a baking tray and spoon the vegetable mixture into the dish. Spoon the mashed potato over and spread out to cover the surface. Use a fork to rough up the surface. Sprinkle over the breadcrumb mixture. Bake for 20-25 minutes or until the breadcrumbs are a golden brown colour.

COOK'S TIP

This pie can be made and frozen to enjoy at a later date! Simply cover with a double layer of plastic wrap and a layer of foil. Freeze for up to 3 months. To reheat, defrost in the fridge overnight. Cover with foil and place on a baking tray. Bake in an oven preheated to 160°C (fan-forced) for 30 minutes, or until heated through. ➤

NUTRITION INFO

PER SERVE 1710kJ, protein 19g, total fat 12g (sat. fat 3g), carbs 45g, fibre 15g, sodium 599mg

- Carb exchanges 3
- GI estimate medium
- Gluten-free option

The foodie equivalent of a warm blanket - just perfect for those chilly days





SATAY VEGIE & TOFU STIR-FRY

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

85g (⅓ cup) SunRice Doongara

Clever Low GI White Rice

1 Tbsp light peanut butter

3 tsp sweet chilli sauce or gluten-free sweet chilli sauce

3 tsp salt-reduced soy sauce or gluten-free soy sauce

Juice of 1 lemon

2 tsp olive oil

250g pkt firm tofu, drained, patted dried with paper towel, cut into cubes

400g bag sliced mixed stir-fry vegetables (see Cook's Tip)

1 Tbsp water

Coriander leaves, to serve

1 Cook the rice in a small saucepan of boiling water, following packet directions, or until tender. Drain well.

2 Meanwhile, combine the peanut butter, sweet chilli sauce, soy sauce and lemon juice in a small bowl. Heat half the oil in a large non-stick wok over high

heat. Add the tofu and stir-fry for 2 minutes or until light golden brown. Transfer to a plate.

3 Heat the remaining oil in the wok over medium-high heat. Add the stir-fry vegetables and stir-fry for 2 minutes. Add the water, cover and cook for 1 minute, or until the vegetables are tender. Return the tofu to the wok with the peanut sauce. Cook, tossing, over heat for 1 minute or until heated through.

4 Divide the rice and stir-fry between shallow serving bowls. Top with coriander leaves and serve.

COOK'S TIP

Or, if you prefer, you can chop or slice up any remaining vegetables you have left in your fridge, making sure to use the same weight. ➤

NUTRITION INFO

PER SERVE 2070kJ, protein 25g, total fat 21g (sat. fat 2g), carbs 44g, fibre 13g, sodium 586mg

• Carb exchanges 3

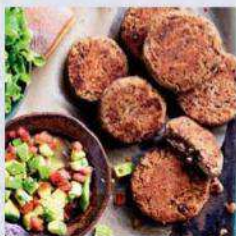
• GI estimate low

• Gluten-free option

*Add some sizzle to your
favourite vegetables*

GFO
**SATAY VEGIE &
TOFU STIR FRY**

A vibrant addition to
your dinner table.
see recipe, opposite >>



CHICKPEA & RED LENTIL PATTIES

PREP TIME: 20 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A MAIN)

- 2 Tbsp wholemeal couscous
- 60ml (¼ cup) boiling water
- 425g can no-added-salt chickpeas, rinsed and drained
- 425g can no-added-salt red kidney beans, rinsed and drained
- 3 green shallots, chopped
- 1 clove garlic, crushed
- 2 tsp Masterfoods Mexican chilli powder
- 60g egg, lightly whisked
- 1 slice low GI white bread, processed into crumbs
- 1½ Tbsp olive oil
- 4 Tbsp Greek-style natural yoghurt
- 4 x 60g white sourdough rolls, to serve
- 2 cups mixed salad leaves, to serve

Salsa

- 1 small avocado, finely chopped
- 1 large tomato, chopped
- 2 Tbsp finely chopped coriander
- Squeeze of fresh lime juice
- Freshly ground black pepper

1 Put the couscous in a small heatproof bowl and pour over the boiling water. Cover with a plate and set aside for 5 minutes, or until the liquid is absorbed.

2 Put the chickpeas, red kidney beans, shallots, garlic and chilli powder in a food processor. Cover and process until finely chopped and well combined. Add the egg and couscous and process to combine. Transfer the mixture to a large bowl and stir in the breadcrumbs. Divide the mixture into 8 (about ¼ cup each) patties.

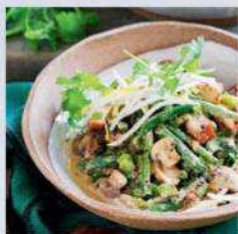
3 Heat half the oil in a large non-stick frying pan over medium heat. Add half the patties and cook for 2-3 minutes each side or until golden brown. Transfer to a plate and cover loosely with foil to keep warm. Repeat with the remaining oil and patties.

4 Meanwhile, to make the accompanying salsa, combine all the ingredients in a bowl.

5 Serve the patties with the yoghurt, salsa, bread rolls and salad leaves.

COOK'S TIP

You can make the patties up to the end of step 3. Wrap individually in freezerproof wrap. Place in a resealable freezer bag. Expel any air and seal. Label, date and freeze for up to 3 months. Cook from frozen, just adding a few more minutes to the cooking time.



VEGIE AND TOFU LAKSA

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

200g KanTong Thin Rice Wok Ready Noodles

1 tsp cornflour

375ml can Carnation Light & Creamy Coconut Flavoured Evaporated Milk

3 tsp laksa paste

125g swiss brown mushrooms, sliced

80g green beans, trimmed, diagonally sliced

1 bunch gai lum, trimmed, washed, shredded

100g Macro Thai Flavoured Tofu, cut into thin strips

2 tsp brown sugar

1/3 cup bean sprouts

1/4 cup coriander leaves

1 Put the noodles in a medium heatproof bowl and pour over the boiling water. Set aside for 5 minutes. Drain well and set aside, separating noodles. Divide the noodles between serving bowls.

2 Combine the cornflour and milk in a jug. Heat a medium non-stick saucepan over medium heat. Add the laksa paste, mushrooms and beans. Cook, stirring, for 2 minutes. Add the coconut milk and bring to a simmer. Add the gai lum and cook for 2-3 minutes or until the leaves wilt. Stir in the tofu and brown sugar.

3 Divide the vegetables and coconut liquid over the noodles. Top with the bean sprouts and coriander. Serve. ■

Cook's Tip

You can replace the swiss brown mushrooms with button or cap mushrooms and the gai lum with any Asian green.

Coriander and coconut are just a few of the stars in this Asian favourite

LUNCH *time*

These healthy midday meals can be made ahead, and are easy to pack up and take with you

NICOISE CHICKEN SALAD

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A LIGHT MEAL)

150g skinless chicken breast fillets, trimmed of fat
1 tsp olive oil
200g baby Spud Lite potatoes, unpeeled, thickly sliced
200g green beans
½ red onion, very finely chopped
200g punnet cherry tomatoes, halved
6 cos lettuce leaves, torn into bite-sized pieces
6 pitted Kalamata olives, rinsed, halved

Dressing

3 tsp extra virgin olive oil
Juice of 1 lemon
1 Tbsp water
1 tsp balsamic vinegar
1 clove garlic, crushed
⅓ cup small basil leaves, chopped
2 pitted Kalamata olives, rinsed, finely chopped

1 To make the dressing, put all the ingredients in a small screw-top jar. Cover and shake well to combine. Set aside.
2 Add 1 Tbsp of the dressing to the chicken and toss well to coat. Heat the oil in a small non-stick frying pan over medium heat.

Add the chicken, cover and cook for 8-10 minutes, turning once or until the chicken is just cooked. Transfer to a plate and set aside.

3 Meanwhile, add potatoes to a saucepan of boiling water and cook for 5-7 minutes or until almost tender. Add beans to pan and cook for a further 2 minutes or until both are tender. Drain well.

4 Toss the potatoes, beans, onion, tomatoes, lettuce, olives and half the remaining dressing in a large bowl. Slice the chicken. Place the salad on serving plates. Top with the chicken and drizzle with remaining dressing. ➤



Niçoise SALAD

We've given the usual tuna Niçoise a twist by using chicken, a lean meat that makes a filling substitute.

Cook's Tip

To make this recipe vegetarian, replace the chicken with 2 hard-boiled eggs, peeled and sliced.

GF LC

NUTRITION INFO

PER SERVE 1410kJ,
protein 23g, total
fat 14g (sat. fat 2g),
carbs 22g, fibre 10g,
sodium 302mg
• Carb exchanges 1½
• GI estimate low
• Gluten free
• Lower carb

GF LC

SALMON VEGIE BOWL

PREP TIME: 20 MINS

SERVES 2 (AS A LIGHT MEAL)

- 2 carrots
- 1 large zucchini
- 2 cooked beetroots, diced (see Cook's Tips)
- 2 Tbsp balsamic vinegar
- ½ cup dill, chopped, plus extra dill to serve (optional)
- 1 small red onion, finely chopped
- 150g skinless and boneless salmon fillet, cooked (see Cook's Tips) or 210g can pink salmon in springwater, drained
- 1 Tbsp capers in vinegar, rinsed

1 Shred carrots and zucchini into long spaghetti strips with julienne peeler or spiraliser, and pile onto two shallow serving bowls.

2 Stir the beetroot, vinegar, chopped dill and red onion together in a small bowl. Spoon on top of the vegetables.

3 Flake chunks of the salmon over the salad and scatter with the capers and extra dill, if desired. Serve immediately.

COOK'S TIPS

- You can get prepacked cooked beetroot in the fruit and vegetable section of the supermarket.
- To cook the salmon, spray a non-stick frying pan with cooking spray and heat over medium heat. Add the salmon and cook for 2-3 minutes each side or until cooked to your liking. Set aside to cool.
- If having salmon for dinner, cook extra for tomorrow's lunch.

NUTRITION INFO

PER SERVE (using fresh salmon) 1300kJ, protein 21g, total fat 13g (sat. fat 3g), carbs 22g, fibre 12g, sodium 311mg

- Carb exchanges 1½
- GI estimate low
- Gluten free • Lower carb

PER SERVE (using canned salmon) 1240kJ, protein 29g, total fat 8g (sat. fat 2g), carbs 22g, fibre 12g, sodium 358mg

- Carb exchanges 1½
- GI estimate low
- Gluten free • Lower carb

SALMON

Succulent salmon flaked over a bed of healthy vegetables makes a delicious, protein-packed salad. Salmon is one of the oily varieties of fish that supplies beneficial omega-3 fats, which help alleviate inflammatory conditions and reduce the risk of heart problems.



FETA FRITTATAS WITH CARROT AND CELERY SALAD

PREP TIME: 25 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A LIGHT MEAL)

2 tsp olive oil
1 large leek, trimmed, washed, thinly sliced
1 cup baby spinach leaves
3 x 60g eggs
2 Tbsp low-fat natural yoghurt
¼ cup dill, chopped
30g reduced-fat feta, crumbled
1 clove garlic, crushed
Freshly ground black pepper
Cooking spray

Carrot and celery salad

2 tsp balsamic vinegar
2 celery sticks, sliced
2 carrots, peeled into ribbons using a vegetable peeler
1 very small red onion, thinly sliced
2 cos lettuce leaves, torn into pieces
2 pitted Kalamata olives, rinsed, halved

1 Preheat oven to 200°C (fan-forced). Place a 125ml (½ cup) 6-hole muffin tin into oven to preheat.
2 Heat oil in a large non-stick frying pan over medium-high heat. Add the leek and cook for 4 minutes, stirring often, or until it starts to soften. Add the spinach and cook, stirring, for 1 minute or until the spinach wilts. Transfer to a plate and set aside to cool.
3 Whisk eggs and yoghurt in a large bowl. Stir in the dill, feta and garlic. Season with pepper. Stir in the leek and spinach mixture.
4 Remove muffin tin from the oven and spray four muffin holes with cooking spray. Carefully divide mix between four muffin holes. Bake for 15-18 minutes or until the frittatas are cooked and light golden brown. Set aside.
5 Meanwhile, to make salad, mix vinegar and 1-2 Tbsp water in a bowl, then toss with the celery, carrots, onion, lettuce and olives. Pile onto plates. Serve salad with frittatas. ➤

Carrot top

Rich in betacarotene, which our bodies convert to vitamin A, carrots work with foods naturally rich in fats, like eggs and cheese, to help absorb this vitamin.



GF LC

NUTRITION INFO

PER SERVE 1370kJ,
protein 22g, total
fat 16g (sat. fat 4g),
carbs 17g, fibre 12g,
sodium 470mg
• Carb exchanges 1
• GI estimate Low
• Gluten free
• Lower carb

light meals

CARROT AND WHITE BEAN SOUP

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 4

(AS AN OCCASIONAL LIGHT MEAL)

1 Tbsp olive oil
2 large leeks, halved lengthways,
washed, finely sliced
700g carrots, chopped
1.25L (5 cups) water

250ml (1 cup) Massel

Salt-Reduced Vegetable Stock

4 cloves garlic, crushed

2 x 400g cans cannellini
beans, undrained

1 bunch tarragon or ½ bunch
thyme, leaves finely chopped

1 Heat the oil in a large saucepan over medium heat. Add the leeks and carrots. Cook, stirring

occasionally, for 5-7 minutes or until the leeks start to soften.

2 Add the water, stock, garlic, beans and liquid, and three-quarters of the tarragon. Cover and bring to a simmer. Reduce heat to low and cook, covered, for 15 minutes or until the vegetables are tender.

3 Stir in the remaining tarragon and serve.

GF

NUTRITION INFO

PER SERVE 1100kJ,
protein 12g, total
fat 6g (sat. fat
1g), carbs 29g,
fibre 19g,
sodium 668mg
• Carb exchanges 2
• GI estimate low
• Gluten free

Soup

A bowl filled with all this goodness will supply your body with some of the fibre you need to maintain a healthy gut.

NUTRITION INFO

PER SERVE with pomegranates
1150kJ, protein 11g, total
fat 13g (sat. fat 2g), carbs 21g, fibre
12g, sodium 192mg • Carb
exchanges 1½ • GI estimate Low
• Gluten free • Lower carb

PER SERVE with currants & pine
nuts 1140kJ, protein 11g, total
fat 14g (sat. fat 2g), carbs 19g, fibre
11g, sodium 192mg • Carb
exchanges 1½ • GI estimate Low
• Gluten free • Lower carb



GF LC

LEMON ROAST VEGETABLES WITH YOGHURT TAHINI AND POMEGRANATE

PREP TIME: 20 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

- 1 red capsicum, chopped
- 1 eggplant, finely chopped
- 1 red onion, halved, thinly sliced
- 1 lemon, ¼ finely chopped (skin and all), the rest juiced
- 1 Tbsp extra virgin olive oil
- 400g can chickpeas, rinsed, drained
- 1 clove garlic
- 2 Tbsp tahini
- 3 Tbsp low-fat Greek-style natural yoghurt

- 60ml (¼ cup) water
- ½ pomegranate, seeds removed (see Cook's Tips)
- ½ cup flat-leaf parsley or coriander, chopped
- Freshly ground black pepper

- 1 Preheat oven to 220°C (fan-forced). Put capsicum, eggplant, onion and lemon pieces in an ovenproof and stoveproof roasting tray. Drizzle with half the oil. Toss to coat. Cook over medium heat for 5 minutes or until veg starts to char.
- 2 Stir two handfuls of chickpeas into the vegetables and roast in the oven for 15 minutes.
- 3 Meanwhile, put the remaining

chickpeas in a bowl with garlic, tahini, yoghurt, water and lemon juice. Blitz with a stick blender until really smooth and thick.

4 Spoon yoghurt tahini onto 4 serving plates. Top with roasted vegetables, pomegranate seeds and parsley. Season with freshly ground pepper. Serve.

COOK'S TIPS

- You can replace pomegranates with 1 Tbsp currants and 2 tsp toasted pine nuts.
- Save time and make this the night before. If you're taking it for a packed lunch, just layer the yoghurt and veg in containers and keep in the fridge. ■

TRIM THE CARBS LOVE THE TASTE



- 25% LESS CARBS*
- LOW GI^
- GOOD SOURCE OF FIBRE

* Compared to standard mixed grain bread (NUTTAB 2010)

^ 5 Seeds GI= 53, Soy & Toasted Sesame GI= 51, Wholemeal & Seed GI= 53

IT'S NOT JUST BREAD, IT'S HELGA'S.



Tasty *treat*

This month's lunch club features pork and zesty fresh vegies...

VIETNAMESE-STYLE PORK SANDWICH

PREP TIME: 20 MINS

(+ 30 MINS MARINATING)

COOK TIME: 15 MINS

SERVES 2 (AS LIGHT MEAL)

- 3 tsp 97% fat-free mayonnaise
- 4 slices *Helga's Lower Carb Wholemeal & Seed Bread*
- 1 small carrot, shredded
- 1 small Lebanese cucumber, shredded
- ½ cup coriander leaves
- 1 green shallot, diagonally sliced
- ½ small red chilli, deseeded, finely chopped

- 3 tsp fresh lime juice
- 1 tsp sweet chilli sauce

Lemongrass pork

- 150g lean pork fillet, trimmed of fat
- 2 small cloves garlic, crushed
- 1 Tbsp finely chopped lemongrass
- 2 tsp salt-reduced soy sauce
- 1 tsp olive oil

1 To make the lemongrass pork, combine the pork, garlic, lemongrass, soy sauce and oil in a shallow dish. Cover and set aside for 30 minutes.

2 Preheat oven to 190°C (fan-forced). Line a small roasting pan with baking paper. Drain the pork from the marinade and add to the pan. Cook for 15 minutes. Transfer to a plate, cover loosely with foil and set aside for 5 minutes to rest. Thinly slice the pork.

3 Spread the mayonnaise over 2 slices of bread. Toss the carrot, cucumber, coriander, shallot, chilli, lime juice and sweet chilli sauce in a medium bowl. Divide between the two slices of bread.

4 Top with pork fillet and second slices of bread. Cut in half. Serve. ■

How our food works for you
see page 69

NUTRITION INFO

PER SERVE 1430kJ, protein 30g, total fat 9g (sat. fat 1g), carbs 27g, fibre 10g, sodium 547mg
• Carb exchanges 2
• GI estimate low

HELGA'S TASTE

A source of omega-3, protein and fibre, we used Helga's Lower Carb 5 Seeds bread in our sandwich. Available at your local supermarket.



Brilliant BURGERS

Chunky or
skinny, you
can't beat a
homemade
burger



NUTRITION INFO

PER SERVE 1840kJ,
protein 41g, total
fat 16g (sat. fat 6g),
carbs 32g, fibre 8g,
sodium 581mg
• Carb exchanges 2
• GI estimate low

ITALIAN PORK BURGER WITH FRESH TOMATO SALSA

PREP TIME: 20 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A MAIN MEAL)

500g lean pork mince
1 tsp fennel seeds
1 tsp dried oregano
Pinch chilli flakes
2 tsp psyllium husk
60g egg, lightly whisked
Freshly ground black pepper
2 large tomatoes, chopped

6 pitted black olives, chopped

Drizzle of balsamic vinegar

4 x 70g sourdough rolls,
split and toasted

4 Tbsp light spreadable
cream cheese

1 cup baby spinach leaves

1 Combine mince, fennel seeds, oregano, chilli flakes, psyllium, egg and pepper in a medium bowl. Shape into 4 patties.

2 Heat barbecue grill or chargrill pan on medium. Spray both sides of patties with cooking spray. Add

patties to barbecue and cook for 5 minutes each side or until cooked through. Transfer to a plate.

3 Meanwhile, combine tomato, olives and vinegar in a small bowl.

4 Top base of each roll with 1 Tbsp cream cheese, ¼ cup spinach leaves, patty and spoonful of salsa. Finish with the top of roll. Serve.

COOK'S TIP

You can replace pork mince with chicken breast mince, the black olives with green olives and the spinach leaves with rocket leaves.

CRISPY SESAME FISH BURGER WITH LIME MAYO

PREP TIME: 20 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN MEAL)

400g boneless white fish fillets, such as Murray cod

3 Tbsp plain flour

Freshly ground black pepper

60g egg, lightly whisked

2 Tbsp skim milk

4 Tbsp panko breadcrumbs

2 Tbsp sesame seeds

1 Tbsp rice bran oil

1 small avocado

Juice of 1 lime

1 bunch coriander, leaves picked and chopped

2 Tbsp 97% fat-free mayonnaise
4 x low-GI white rolls, split and toasted (can be purchased at Bakers Delight)

1 Cut fish into 8 pieces. Put flour in shallow bowl and season with pepper. Whisk egg and milk in another shallow bowl. Combine breadcrumbs and sesame seeds in a third. Dust fish in flour, followed by egg. Finally coat in breadcrumb mixture. Place in fridge for 10 minutes to chill.

2 Heat oil in large non-stick frying pan over medium heat. Add fish. Cook for 3-4 minutes each side or until golden brown and cooked through.

3 Meanwhile, peel and slice avocado. Squeeze a little lime juice over avocado and set aside. Mix remaining lime juice into the mayonnaise with the coriander.

4 Spread a little mayonnaise mixture over base of each roll. Top with 2 fish pieces, a few slices of avocado and the top of the roll. ➤

Lime juice adds a tasty touch of tang

How our food works for you
see page 69

NUTRITION INFO

PER SERVE 2040kJ, protein 32g, total fat 18g (sat. fat 4g), carbs 46g, fibre 9g, sodium 610mg

• Carb exchanges 3

• GI estimate low

eat me!

CAJUN CHICKEN & PINEAPPLE BURGER

PREP TIME: 10 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A MAIN MEAL)

420g sweet potato, unpeeled, cut into wedges
2 x 150g skinless chicken breast fillets, trimmed of fat, each split in half lengthways
2 Tbsp Cajun spice mix
1 tsp olive oil
4 drained pineapple rings in natural juice
5 Tbsp grated reduced-fat cheese
2 Tbsp extra light sour cream
4 x 70g rolls or gluten-free rolls, split and toasted
1½ cup mixed salad leaves
1 large red onion, thinly sliced

1 Preheat oven to 200°C (fan-forced). Line baking tray with baking paper. Spread sweet potato wedges in a single layer over lined tray and spray with cooking spray. Bake for 25-30 minutes or until potato is tender.

2 Meanwhile, heat grill on medium-high. Line tray with foil. Place chicken between 2 pieces of plastic wrap. Use rolling pin to pound to an even thickness. Rub spice mix and oil over chicken and place on baking tray. Grill for 8-10 minutes, turning once, or until cooked through.

3 Top each chicken breast with a pineapple ring and a little grated cheese. Return to grill and cook for 2-3 minutes or until cheese is golden and bubbling.

4 To serve, spread a little sour cream over base of each bun. Top with salad leaves, a chicken breast, onion and top of roll. Serve with sweet potato wedges.

COOK'S TIP

You can replace chicken with boneless fish fillets.

GFO

NUTRITION INFO

PER SERVE 1850kJ, protein 31g, total fat 9g (sat. fat 3g), carbs 55g, fibre 8g, sodium 700mg

- Carb exchanges 3½
- GI estimate medium
- Gluten-free option

NUTRITION INFO

PER SERVE 2012kJ,
protein 32g, total fat 21g
(sat. fat 4g), carbs 33g,
fibre 9g, sodium 457mg
• Carb exchanges 2
• GI estimate low

*This makes a
delicious and
filling lunch*

LAMB & CHICKPEA PITA BURGER

PREP TIME: 20 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A MAIN MEAL)

400g can no added salt

chickpeas, rinsed and drained

200g hummus

2 drained whole roasted red

capsicum in vinegar, patted dry
with paper towel, finely chopped

400g lean lamb mince

1 small bunch mint, leaves picked,
half chopped

1 Tbsp cumin seeds

Freshly ground black pepper

Olive oil cooking spray

4 Vitastic wholemeal pita pockets
75g tub pomegranate seeds

1 Put the chickpeas in a large bowl and use a potato masher to lightly crush them. Transfer half the chickpeas to another bowl and stir in the hummus and peppers. Set aside.

2 Add the lamb mince to the remaining chickpeas with the chopped mint, cumin seeds and pepper. Mix until well combined. Shape into 8 small patties.

3 Heat a barbecue grill or chargrill pan over medium heat. Spray the patties with oil and add to the barbecue. Cook for 4-5 minutes each side or until golden brown and cooked through.

4 Meanwhile, toast the pita bread. Split each pita in half along the seam, without cutting all the way through.

5 Fill each pita with the red capsicum hummus, whole mint leaves, 2 patties and a few pomegranate seeds. Serve. ■

COOK'S TIP

You can replace
the lamb mince with
extra lean beef mince
and the mint with
coriander

SUGAR-FREE *sweet treats*

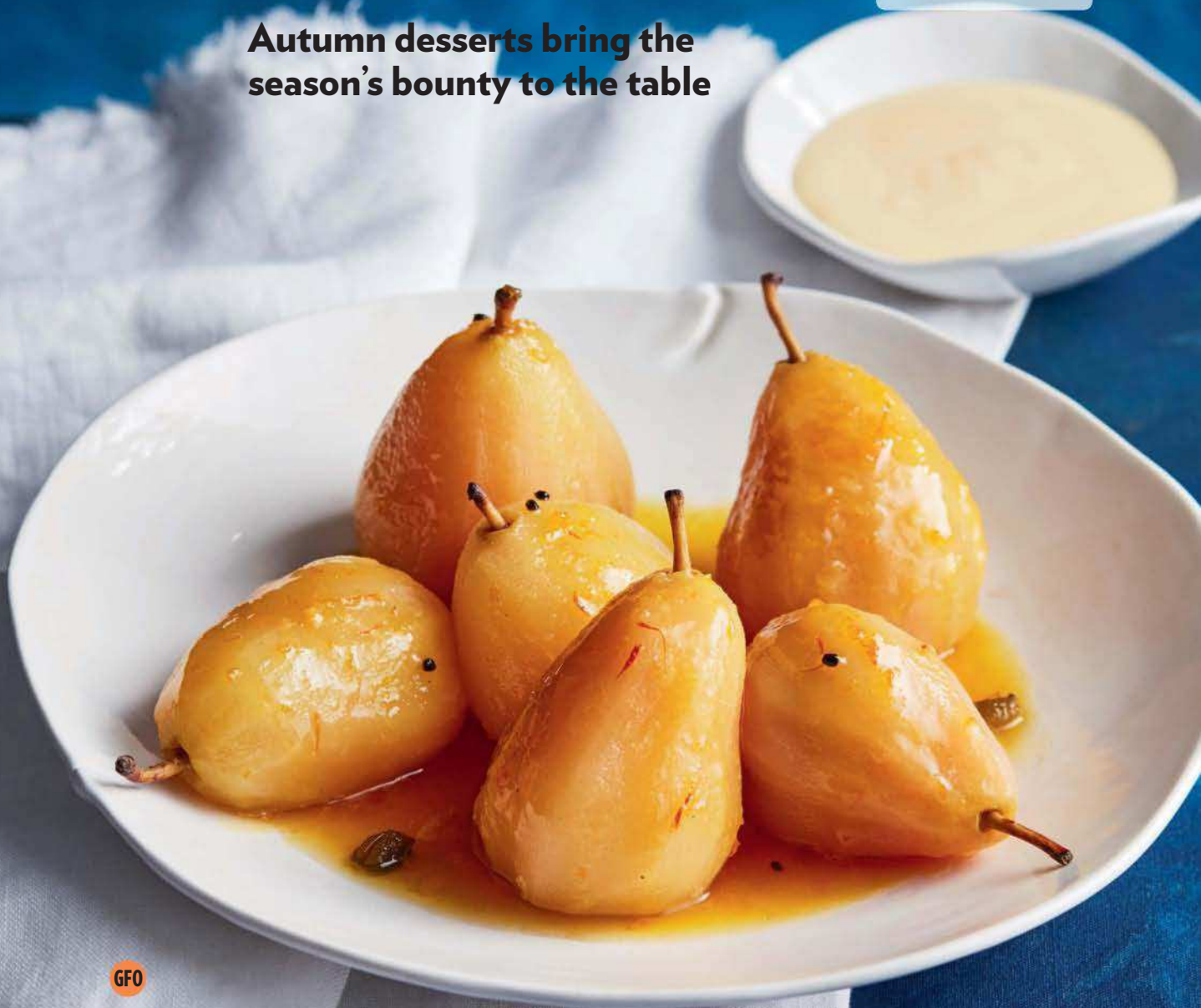
Autumn desserts bring the
season's bounty to the table

How our
food works
for you
see page 69

NUTRITION INFO

PER SERVE 483kJ,
protein 2g, total fat
0g (sat. fat 0g),
carbs 18g, fibre 5g,
sodium 38mg

- Carb exchanges 1
- GI estimate Low
- Gluten-free option



GFO

PEARS POACHED IN SAFFRON, ORANGE & CARDAMOM SYRUP

Elegant yet easy, this
seasonal sensation will
leave you wanting more.
see recipe, page 62 >>

**CINNAMON AND
APPLE TEA CAKE**

Who needs to go out for
high tea when you can
whip this up at home?
see recipe, page 62 >>



NUTRITION INFO
PER SERVE 550kJ,
protein 4g, total fat
5g (sat. fat 1g),
carbs 17g, fibre 3g,
sodium 135mg
• Carb exchanges 1
• GI estimate high

NUTRITION INFO

PER SERVE 477kJ,
protein 10g, total
fat 2g (sat. fat 1g),
carbs 10g, fibre 3g,
sodium 101mg
• Carb exchanges ½
• GI estimate low
• Gluten free
• Lower carb



VANILLA AND LEMON PANNACOTTA WITH POACHED RHUBARB

PREP TIME: 20 MINS
(+ 6 HOURS SETTING)

COOK TIME: 10 MINS
SERVES 6 (AS A DESSERT)

80ml (⅓ cup) boiling water
1 Tbsp powdered gelatine
390g (1½ cups) Greek-style
natural yoghurt
375ml (1½ cups) low-fat milk
1 tsp vanilla bean paste
Zest of 1 lemon
½ cup granulated sugar substitute

Poached rhubarb

250g rhubarb, ends trimmed,
washed, cut into 4cm lengths
Juice of half an orange

2 Tbsp water
1 cinnamon stick, broken
2 Tbsp granulated sugar substitute

1 Put boiling water in a small, heatproof bowl. Sprinkle over gelatine. Stir until gelatine almost dissolves. Put in the microwave and cook on high/100% for 10 seconds. Stir well. Set aside.

2 Put the yoghurt, milk, vanilla bean paste, lemon zest and sugar substitute in a large bowl. Whisk well to combine. Add the gelatine and mix until well combined.

3 Pour the mixture evenly between 6 x 160ml (⅔ cup) dariole moulds. Place on a tray and put in the fridge for 6 hours, or until set.

4 Meanwhile, to make the poached rhubarb, put the rhubarb, orange juice, water, cinnamon and sugar substitute in a medium saucepan. Stir over medium heat until liquid comes to a simmer. Reduce heat to medium-low and simmer, covered, for 6-8 minutes or until the rhubarb is almost tender. Set aside, covered, for 10 minutes. Transfer to a dish and set aside to cool to room temperature.

5 To serve, rub a warm damp cloth over the base of the moulds and turn out onto serving plates. Spoon the rhubarb over the top of the pannacotta and serve.

CHOCOLATE FUDGE BROWNIE

PREP TIME: 15 MINS (+ 1 HOUR COOLING)

COOK TIME: 30 MINS

SERVES 16 (AS A DESSERT)

80g (¾ cup) Dutch cocoa powder, sifted,
plus extra, to serve (optional)

50g light margarine, melted

50g dark chocolate, finely chopped

260g (1 cup) low-fat Greek-style
natural yoghurt

120g unsweetened strawberry
and apple puree

2 x 60g eggs, lightly whisked

1¼ cups granulated sugar substitute

75g (½ cup) self-raising flour

75g (½ cup) plain flour

1 Preheat oven to 150°C (fan-forced). Spray a 16 x 26cm (base measurement) slab tin with cooking spray. Line the tin with baking paper, allowing the paper to overhang the sides.

2 Put cocoa powder, margarine, chocolate, yoghurt and puree in a medium saucepan. Cook, stirring, over medium heat until the chocolate melts and the mixture is well combined. Set aside for 5 minutes.

3 Add the eggs to the chocolate mixture and stir until well combined. Stir in the sugar substitute and flours. Pour the mixture into the lined tin and bake in preheated oven for 20-25 minutes, or until the brownie is just set (if you insert a skewer into centre it will come out still sticky). Set aside in the pan for 1 hour, before transferring to a wire rack to cool.

4 Using the paper, remove the brownie from the tin and transfer to a board. Dust with extra cocoa, if using. Cut into pieces and serve with a cup of tea or coffee.

COOK'S TIP

Keep the brownie in an airtight container for up to 5 days. ➤

NUTRITION INFO
PER SERVE 478kJ,
protein 4g, total
fat 5g (sat. fat 2g),
carbs 12g, fibre 2g,
sodium 79mg
• Carb exchanges 1
• GI estimate medium



BAKED APPLES WITH CRUMBLE TOPPING

Nothing warms up cooler days quite like a crisp, crunchy crumble. *see recipe, page 63 >>*



NUTRITION INFO

PER SERVE 742kJ,
protein 3g, total
fat 4g (sat. fat 1g),
carbs 29g, fibre 7g,
sodium 17mg
• Carb exchanges 2
• GI estimate low

Pudding flavours get a zesty bite

CITRUS STEAMED PUDDINGS WITH CITRUS SYRUP

Because who doesn't want
dessert to be a tad steamy?
see recipe, page 63 >>

NUTRITION INFO

PER SERVE 687kJ,
protein 6g, total
fat 6g (sat. fat 1g),
carbs 18g, fibre 3g,
sodium 162mg
• Carb exchanges 1
• GI estimate high

PER SERVE

(with extra yoghurt
to serve) 726kJ,
protein 7g, total
fat 6g (sat. fat 2g),
carbs 19g, fibre 4g,
sodium 172mg
• Carb exchanges 1
• GI estimate high





PEARS POACHED IN SAFFRON, ORANGE & CARDAMOM SYRUP

PREP TIME: 20 MINS

COOK TIME: 2 HOURS

SERVES 6 (AS A DESSERT)

2.5L (10 cups) water

1 cup granulated sugar substitute

Zest and juice of 2 oranges

6 cardamom pods, crushed

2 pinches saffron threads

6 small firm pears, peeled

Custard

1 Tbsp custard powder

or gluten free custard powder

Zest of quarter of an orange

1 Tbsp granulated sugar
substitute

200ml skim milk

½ tsp vanilla extract

1 Put the water, sugar substitute, orange zest and juice, cardamom pods and half the saffron threads in a large saucepan. Stir over low heat until warm.

2 Increase heat to medium and bring poaching liquid to a simmer. Add the pears. Cover the top of the liquid with a round of baking paper. Cover with a lid. Reduce heat to low and cook, covered, for 1-1½ hours or until the pears are very tender.

3 Using a slotted spoon transfer the pears to a shallow dish. Transfer 750ml (3 cups) of the liquid to a small saucepan with the second pinch of saffron. Cook over medium-high heat for

20-30 minutes, until the liquid reduces and starts to thicken.

4 Meanwhile, to make the custard, combine the custard powder, orange zest and sugar substitute in a small saucepan. Gradually whisk in the milk. Cook over medium heat, stirring often, for 5-6 minutes or until the custard thickens. Stir in the vanilla extract.

5 Serve the poached pears with some of the poaching liquid and the custard.

COOK'S TIP

Keep the pears and reduced poaching liquid in an airtight container in the fridge for up to 3 days.



CINNAMON AND APPLE TEA CAKE

PREP TIME: 20 MINS

COOK TIME: 35 MINS

SERVES 12 (AS A DESSERT)

80g light margarine,
plus 1 tsp extra to brush

1 tsp vanilla extract

Zest of 1 lemon

⅔ cup granulated sugar
substitute, plus 1 Tbsp
extra to sprinkle

2 x 60g eggs

160g (1 cup) wholemeal
self-raising flour

80g (½ cup) plain flour

1½ tsp ground cinnamon

125ml (½ cup) skim milk

1 large green apple, unpeeled,
quartered, core removed,
finely chopped

½ small green apple,

unpeeled, core removed,
sliced into wedges

Cinnamon quills, to serve (optional)

1 Preheat oven to 170°C (fan-forced). Spray a 20cm (base measurement) round cake tin with cooking spray. Line base and side with baking paper.

2 Using electric beaters, whisk margarine, vanilla, lemon zest and ⅔ cup sugar substitute in a medium bowl until well combined. Add eggs, one at a time, beating well between each.

3 Sift the flours and 1 tsp of the cinnamon into a medium bowl. Add half the flour mixture and half the milk to the creamed mixture. Use a wooden spoon to mix until just combined. Add the remaining flours and milk and mix until well combined. Stir in the chopped apple.

4 Spoon the batter into the cake pan and use a spoon to smooth the surface. Bake in preheated oven for 30-35 minutes or until a skewer inserted into the centre comes out clean. Set aside in the pan for 10 minutes before turning out onto a wire rack.

5 Brush the top of the cake with the extra margarine. Mix the remaining cinnamon and extra 1 Tbsp sugar substitute and sprinkle over the cake. Top with sliced apples and cinnamon quills, if using. Serve warm or at room temperature.

COOK'S TIP

Keep the cake in an airtight container in the fridge for up to 3 days. Alternatively, wrap portions in plastic wrap and place in a resealable freezer bag. Label, date and freeze for up to 3 months.



BAKED APPLES WITH CRUMBLE TOPPING

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVES 4

(AS AN OCCASIONAL DESSERT)

- 4 large Granny Smith apples, unpeeled
- 200g mixed frozen berries
- Juice of half an orange
- 2 Tbsp granulated sugar substitute

Crumble

- 2 Tbsp rolled oats
- 1½ Tbsp wholemeal plain flour
- ¼ tsp ground cinnamon
- 1½ Tbsp granulated sugar substitute
- 3 tsp slivered almonds
- 3 tsp light margarine

1 Preheat oven to 180°C (fan-forced). Line a medium roasting tray with baking paper. Cut tops off apples and use an apple corer or a small sharp knife to carefully remove core and 1cm of extra apple to make a hole that you are able to fill. Place the apples in the roasting tray.

2 Put berries, orange juice and sugar substitute in a small saucepan. Cook, stirring occasionally, over medium heat for 4-5 minutes or until berries defrost and start to soften.

3 Divide berries between holes in the middle of the apples. Spoon any extra juice and berries over the apple. Cover the pan with a piece of baking paper and a piece of foil to secure. Bake

apples in oven for 20-25 minutes or until the apples are almost tender.

4 Meanwhile, to make the crumble, combine the oats, flour, cinnamon, sugar substitute and almonds in a small bowl. Add the margarine and use your fingers to mix until it's well combined and sticks together.

5 Remove the foil and paper from the apples. Sprinkle the crumble over the top of the apples. Increase oven to 200°C (fan-forced) and return the apples to the oven. Bake for a further 8-10 minutes or until the crumble is golden and the apples are tender.



CITRUS STEAMED PUDDINGS WITH CITRUS SYRUP

PREP TIME: 15 MINS

COOK TIME: 30 MINS

SERVES 6

(AS AN OCCASIONAL DESSERT)

- 40g light margarine
- ½ cup granulated sugar substitute
- 2 Tbsp fresh orange juice
- 2 Tbsp fresh lemon juice
- 60g egg, at room temperature, separated
- 1 egg white (from 60g egg)
- 80g (½ cup) wholemeal self-raising flour
- 40g (¼ cup) plain flour
- 130g (½ cup) low-fat Greek-style natural yoghurt
- 3 Tbsp low-fat Greek-style natural yoghurt, extra, whisked until smooth, to serve (optional)

Citrus syrup

100ml fresh lemon juice

100ml fresh orange juice

100ml water

¼ cup granulated sugar substitute

1 Preheat oven to 150°C (fan-forced). Spray 6 x 125ml (½ cup) ovenproof ramekins or dishes with cooking spray. Line bases with a round of baking paper.

2 Using electric beaters, beat the margarine and sugar substitute until well combined. Add the orange and lemon juice and beat until well combined. Add the egg yolk and beat to combine. Add the flours and ½ cup yoghurt and mix until just combined.

3 Clean the beaters and whisk the egg whites until soft peaks form. Add a spoonful of the egg whites to the cake batter and mix until combined. Add the remaining egg whites and fold in until just combined.

4 Spoon the batter evenly between the lined ramekins and smooth the surface. Place the ramekins in an ovenproof dish. Pour boiling water into the dish, so the water comes halfway up the sides of the ramekins. Cover dish with a piece of baking paper and foil. Bake in preheated oven for 25-30 minutes or until a skewer inserted into the middle comes out clean. Remove the puddings from the water.

5 Meanwhile, for the syrup, put lemon juice, orange juice, water and sugar substitute in a small saucepan. Bring to simmer over medium heat. Simmer, uncovered, for 10 minutes.

6 Turn the puddings out onto serving plates and use a fine skewer to make small holes in the puddings. Spoon the syrup evenly over the puddings. Serve warm with the extra yoghurt, if using. ■

food for mum

MOTHER'S
DAY

How our
food works
for you
see page 69

NUTRITION INFO

PER SERVE 1800kJ,
protein 12g, total fat
13g (sat. fat 3g),
carbs 62g, fibre 7g,
sodium 62mg
• Carb exchanges 4
• GI estimate high

Morning CLASSICS

**CINNAMON
STREUSEL ROLLS**

Put on the kettle for
a cuppa to go with these
delightful bites.
see recipe, page 68 >>

You can have your favourite breakfast
foods, and give Mum a treat, too! A few
simple ingredient swaps make all the
difference in transforming an occasional
indulgence into an everyday option

OATMEAL HOTCAKES AND MAPLE SYRUP FRUIT

PREP TIME: 20 MINS

COOK TIME: 15 MINS

SERVES 6 (AS BREAKFAST)

4 bananas, sliced
2 x 125g punnets
blueberries
2 tsp fresh lemon juice
4 Tbsp sugar-free
maple-flavoured syrup
150g (1 cup) plain flour
2½ Tbsp psyllium husks
50g (½ cup) instant oats
1½ tsp baking powder
½ tsp bicarbonate of soda
¼ tsp ground cinnamon

425ml (1¾ cup) buttermilk
or sour milk (see Cook's Tip)
60g egg, lightly whisked
1 Tbsp canola oil
1 tsp vanilla essence

1 Combine bananas, blueberries, juice and 3 Tbsp maple syrup in a medium bowl. Set aside.

2 Combine flour, psyllium husks, oats, baking powder, bicarbonate of soda and cinnamon in a medium bowl. Whisk buttermilk, egg, oil, vanilla essence and remaining maple syrup in a small bowl. Add to the flour mixture and mix until just combined.

3 Spray a large non-stick frying

pan with cooking spray. Heat over medium heat. For each pancake, spoon 2 Tbsp of the batter into the pan, spreading out to a 7-8cm circle. Cook for 1-2 minutes on each side or until the pancakes are golden brown.

4 Divide the pancakes between serving plates. Serve warm topped with maple syrup fruit.

COOK'S TIP

To make 1 cup sour milk, place 1 Tbsp fresh lemon juice or vinegar in measuring jug. Add enough skim milk to make 250ml (1 cup) total liquid. Set aside for 5 minutes before using. ➤



NUTRITION INFO

PER SERVE 1260kJ,
protein 9g, total fat 7g
(sat. fat 2g), carbs 45g,
fibre 8g, sodium 273mg
• Carb exchanges 3
• GI estimate medium

BLUEBERRY AND OAT MUFFINS

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 12 (AS BREAKFAST)

115g ($\frac{3}{4}$ cup) wholemeal plain flour

75g ($\frac{1}{2}$ cup) plain flour

75g ($\frac{3}{4}$ cup) rolled oats

80g ($\frac{1}{3}$ cup) sugar or granulated sugar substitute

2 Tbsp psyllium husks

2 tsp baking powder

2 x 125g punnets blueberries

60g egg, lightly whisked

200ml skim milk

60ml ($\frac{1}{4}$ cup) vegetable oil

Small skim cappuccino per person, to serve

1 cup fresh fruit salad (such as apple, banana and berries) per person, to serve

1 Preheat oven to 180°C

(fan-forced). Line 12 x 125ml ($\frac{1}{2}$ cup) muffin holes with paper cases. Spray cases with cooking spray.

2 Combine flours, oats, sugar, psyllium husks and baking powder in a large bowl. Stir in blueberries. Make a well in centre of flour mixture and set aside.

3 Whisk egg, milk and oil in a small bowl. Add egg mixture to flour mixture and stir until mixture is just combined (batter should still be lumpy).

4 Spoon the batter evenly between the muffin holes, filling about two-thirds full. Bake for 18-20 minutes or until a skewer inserted into the middle of one of the muffins comes out clean. Set aside in the muffin tins to cool for 5 minutes. Serve warm or at room temperature with coffee and fruit salad.

COOK'S TIP

Keep the muffins in an airtight container for 2 days. Alternatively, wrap individually in plastic wrap. Place muffins in a large resealable bag. Expel any air. Label, date and freeze for up to 4 months.

NUTRITION INFO

PER SERVE (with sugar)

1600kJ, protein 13g,

total fat 7g (sat. fat 1),

carbs 63g, fibre 8g,

sodium 187mg

• Carb exchanges 4

• GI estimate low

PER SERVE (with sugar substitute) 1500kJ,

protein 13g, total fat 7g

(sat. fat 1), carbs 57g,

fibre 8g, sodium 187mg

• Carb exchanges 4

• GI estimate low

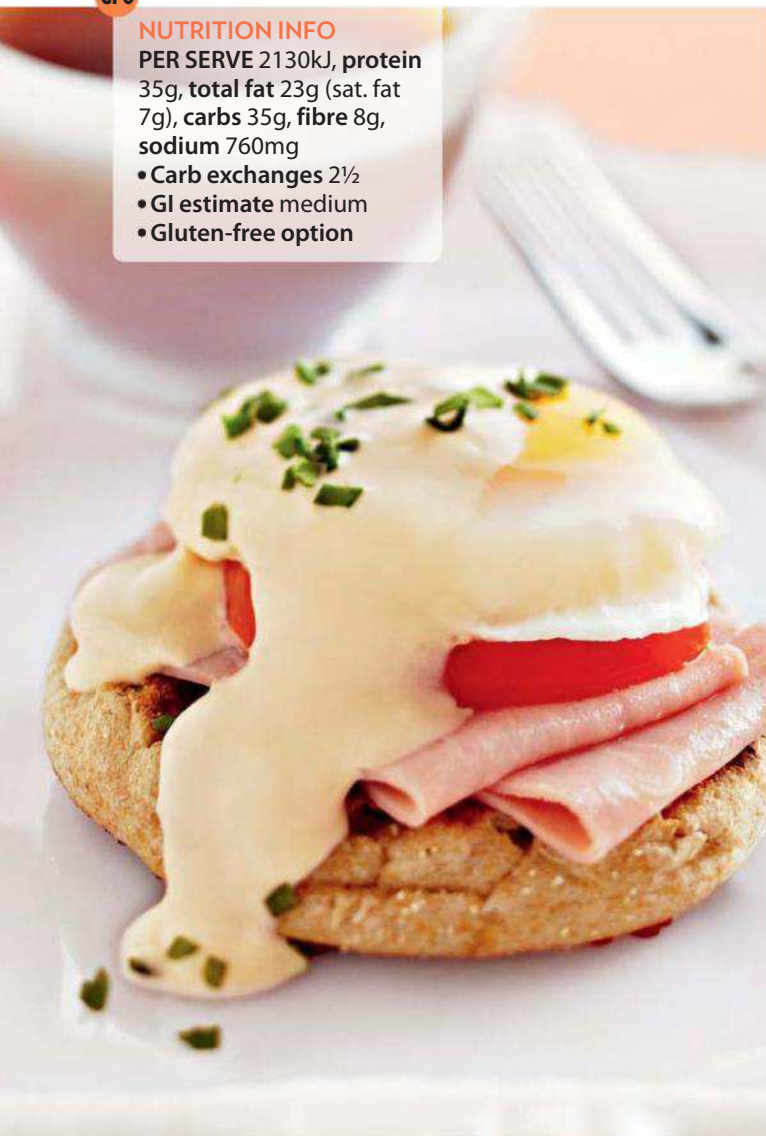
The best *mum* deserves the best *treats* every day!



GFO

NUTRITION INFO

PER SERVE 2130kJ, protein 35g, total fat 23g (sat. fat 7g), carbs 35g, fibre 8g, sodium 760mg
 • Carb exchanges 2½
 • GI estimate medium
 • Gluten-free option



EGGS BENEDICT

PREP TIME: 10 MINS
 COOK TIME: 15 MINS
 SERVES 1 (AS A BREAKFAST)

2 Tbsp Weight Watchers Extra Lite Sour Cream
 2 tsp skim milk
 ½ tsp Dijon mustard or gluten-free mustard
 2 x 60g eggs at room temperature
 1 wholemeal English muffin or gluten-free muffin, split
 40g thinly sliced reduced-salt ham

or gluten-free ham
 4 slices tomato
 Chopped chives (optional), to serve
 1 cup baby spinach leaves, to serve
1 Whisk sour cream, milk and mustard in small bowl. Cover. Set aside.
2 Spray a medium non-stick frying pan with cooking spray. Half fill pan with water. Bring water to the boil and reduce heat to medium (bubbles should begin to

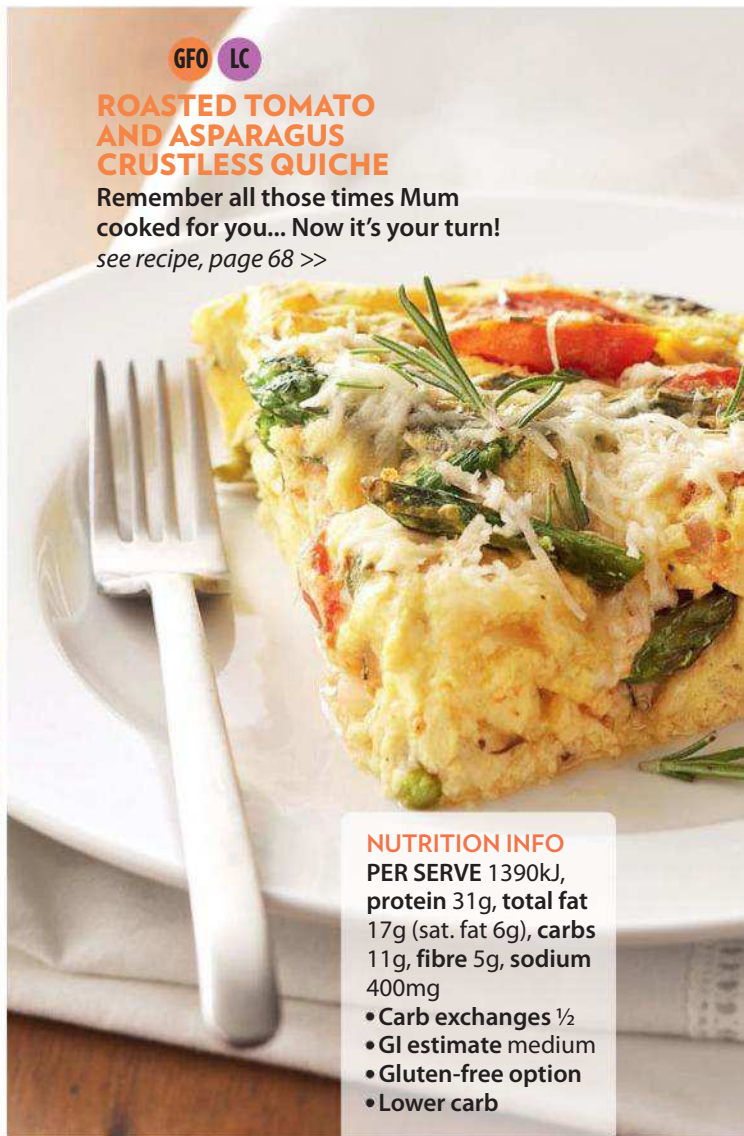
break surface of water).
3 Break one egg into a small dish and carefully slide egg into simmering water, holding the lip of the dish as close to the water as possible. Repeat process with the remaining egg.
4 Simmer, uncovered, for 3-5 minutes or until the egg whites are completely set and the yolks begin to thicken but are not hard.
5 Meanwhile, preheat grill on medium. Place

muffin halves under grill and cook for 1-2 minutes each side, or until toasted. Top muffin halves with the ham and tomato slices. Cook under grill for further 1 minute or until toppings are heated through.
6 To serve, use a slotted spoon to remove eggs from water. Place the eggs on top of tomato slices. Spoon sauce over eggs and sprinkle with chives, if using. Serve with spinach leaves. ➤

GFO LC

ROASTED TOMATO AND ASPARAGUS CRUSTLESS QUICHE

Remember all those times Mum cooked for you... Now it's your turn!
 see recipe, page 68 >>



NUTRITION INFO

PER SERVE 1390kJ, protein 31g, total fat 17g (sat. fat 6g), carbs 11g, fibre 5g, sodium 400mg
 • Carb exchanges ½
 • GI estimate medium
 • Gluten-free option
 • Lower carb

food for mum



CINNAMON STREUSEL ROLLS

PREP TIME: 45 MINS (+ 20 MINS
STANDING + 2 HOURS PROVING)
COOK TIME: 30 MINS
MAKES 10
(1 ROLL EACH, AS A BREAKFAST)

125ml (½ cup) lukewarm water
7g sachet dried yeast
250ml (1 cup) skim milk
2 Tbsp brown sugar
80g light margarine
60g egg, lightly whisked
320g (2 cups) wholemeal
plain flour
375g (2½ cups) plain flour
90g (1 cup) rolled oats, toasted
(see Cook's Tips)
1 tsp ground cinnamon
70g (¾ cup) chopped pecans,
toasted (see Cook's Tips)

Sour cream icing

80g (⅓ cup) lite sour cream
45g (¼ cup) icing sugar, sifted
¼ tsp vanilla essence
2-3 tsp skim milk

1 Combine warm water and yeast in large bowl. Set aside for 10 minutes. Put milk, sugar and 2 Tbsp of the margarine in a small saucepan. Heat over medium heat until the milk is lukewarm.

2 Add egg and milk mixture to yeast mixture. Using a flat bladed knife, mix flours until mixture forms a dough. Turn dough onto a lightly floured surface. Knead for 5-10 minutes or until dough is smooth and elastic. Shape dough into a ball and place in a lightly oiled

bowl. Cover and keep in a warm place until the dough doubles in size, about 1-1½ hours.

3 Punch down dough.

Turn out onto lightly floured surface. Cover and set aside for 10 minutes to rest. Spray a 30 x 20cm baking tray with cooking spray. Set aside.

Combine oats and cinnamon in a bowl. Using your fingers, blend in remaining margarine until the mixture is crumbly. Stir in pecans.

4 Preheat oven to 180°C

(fan-forced). Roll dough out to a 40 x 25cm rectangle. Sprinkle with oat mixture, leaving a 2.5cm space along one of the long sides. Starting from long side with the topping, roll up dough firmly to enclose filling. Pinch dough to seal seam. Cut into 10 equal pieces. Arrange pieces, cut-side up, in greased pan. Cover and set aside in a warm place until nearly double in size (about 30 minutes).

5 Bake rolls for 25-30 minutes

or until golden brown. Place the pan on a wire rack and set aside for 5 minutes to cool. Remove the rolls from the tray.

6 For the sour cream icing,

whisk the sour cream, icing sugar, vanilla essence and enough milk to mix to a drizzling consistency.

7 Drizzle the sour cream icing

over the rolls and serve.

COOK'S TIPS

► **Cook the rolled oats in a large non-stick frying pan over medium heat, stirring frequently, or until oats are lightly toasted.**

► **Spread nuts in single layer on a baking tray. Bake in an oven preheated to 180°C (fan-forced) for 5-10 minutes or until toasted.**



ROASTED TOMATO AND ASPARAGUS CRUSTLESS QUICHE

PREP TIME: 15 MINS
COOK TIME: 55 MINS
SERVES 4 (AS A LIGHT BREAKFAST)

20 spears asparagus, woody ends trimmed, cut into 2.5cm pieces
200g cherry tomatoes or grape tomatoes, halved
8 x 60g eggs
1 cup reduced-fat cottage cheese
1 small red onion, finely chopped
2 Tbsp plain flour or gluten-free plain flour
2 tsp finely chopped rosemary
Freshly ground black pepper
60g (¼ cup) grated reduced-fat cheese
100g baby spinach leaves, to serve

1 Preheat oven to 200°C (fan-forced). Line a roasting pan with baking paper. Arrange asparagus and tomatoes, cut-side up, in a single layer over roasting pan. Spray with cooking spray. Roast for 10-12 minutes or until browned and the tomatoes are soft. Set aside to cool.

2 Reduce oven temperature to 180°C (fan-forced). Whisk eggs in a large bowl. Add the cottage cheese, onion, flour, rosemary and pepper. Stir well. Stir in the asparagus and tomatoes.

3 Spray a 20cm (base measurement) pie plate with cooking spray. Pour egg mixture into pie plate. Bake for 40 minutes or until set and light golden brown. Sprinkle with cheese and serve with spinach leaves. ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy!

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ

Protein 80g

Total fat 70g

Saturated fat 24g

Carbs 270g

Fibre 30g

Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ

Protein 65g

Total fat 45g

Saturated fat 15g

Carbs 180g

Fibre 30g

Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



VEGIE AND TOFU LASKA
see recipe, page 43>>

NUTRITION INFO
PER SERVE 1920kJ, protein 31g,
total fat 12.5g (sat. fat 3.7g),
carbs 55g, fibre 9g, sodium 606mg
• Carb exchanges 3½ • GI estimate low

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use product names so it's easy for you to find nutritionally suitable brands when shopping.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting your carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■



Fast Ed's fish special

BHG TV's 'Fast Ed' Halmagyi heads out to sea to turn the ocean's bounty into curry with a tasty Indian twist

▶▶ The mid-north coast of NSW is home not just to some of the country's best seafood – and a remarkable fishing fleet – it's also where Australia's oldest Indian community is found. So we're bringing the best of both worlds onto one plate, and the results are delicious. Oh, and it's good for you too, with lower fat, lower salt and a ton of flavour.

LOW-FAT FISH KORMA

PREP TIME: 25 MINS

COOK TIME: 40 MINS

SERVES: 6 (AS A MAIN)

6 cloves garlic, peeled
6cm piece fresh ginger, peeled
4cm piece fresh turmeric, peeled
30g (¼ cup) unsalted cashews
2 tsp garam masala
½ tsp ground chillies (optional)

2 Tbsp no-added-salt tomato paste
1 Tbsp extra virgin olive oil
2 brown onions, finely sliced
1L (4 cups) salt-reduced chicken stock or gluten-free stock
200g diced sweet potato
700g Spanish Mackerel fillet, diced (see Cook's Tips)
1 large carrot, halved, diagonally sliced
120g green beans, sliced diagonally
4 green shallots, diagonally sliced
120g mixed baby tomatoes, halved
100g Greek-style natural yoghurt
2 Tbsp almond meal
½ bunch coriander, leaves picked
½ bunch mint, leaves picked
3 cups steamed brown rice, to serve

1 Combine the garlic, ginger, turmeric, cashews and spices in a large mortar and then pound until smooth. Stir in the

tomato paste and set aside.

2 Heat oil in a large saucepan over medium heat. Add onions and cook, stirring occasionally, for 5 minutes or until it softens. Add spice paste and cook, stirring, for 2 minutes or until aromatic. Add stock and bring to a simmer. Simmer for 15 minutes or until sauce has reduced by one-third.

3 Add sweet potato to pan and cook gently for 10 minutes. Add fish, carrot and beans and cook for 5 minutes or until fish is just cooked. Stir in shallots, tomatoes, yoghurt and almond meal and remove from the heat.

4 Scatter curry with herbs and served with steamed rice.

COOK'S TIPS

▶ If Spanish Mackerel isn't around, use another full-flavoured fish, such as mullet or sardines.

▶ To see Fast Ed cooking this recipe, tune into *BHG TV* on 27 April. ■



SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, buy *Better Homes and Gardens* and tune into the *BHG TV* show on Channel 7. Check your local TV guide for scheduling information.



How our food works for you

see page 69

NUTRITION INFO

PER SERVE 1900kJ,
protein 31g, total fat 17g
(sat. fat 4g), carbs 41g,
fibre 8g, sodium 545mg
• Carb exchanges 2 ½
• GI estimate medium
• Gluten-free option

GFO

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

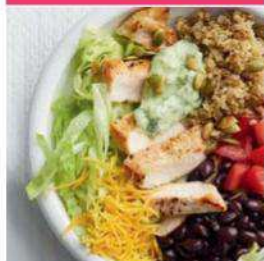


	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	Take the hassle out of breakfast by preparing your own healthy homemade muesli ahead of time. Mix and match to find the perfect combination to suit your taste preference: 1. Using a large airtight container throw in 500g rolled oats 2. Add 200g dried fruit – such as sultanas, dried cranberries and raisins			
Optional snack	1 piece fresh fruit	1 cup carrot sticks with ¼ small avocado, mashed	30g unsalted mixed nuts	Cinnamon-ginger spiced pear muffins (page 23)
Lunch	Feta frittatas with carrot and celery salad (page 47)	Vietnamese-style pork sandwich (page 51)	Carrot and white bean soup (page 48)	Tuna & olive rice salad (page 75)
Optional snack	Cinnamon-ginger spiced pear muffins (page 23)	1 piece fresh fruit 	1 cup fruit salad	175g tub Yoplait Forme
Dinner	Vegetarian cottage pie (page 39) <i>Pictured above</i>	Asian beef noodle salad (page 32) <i>Pictured above</i>	Salmon with sautéed vegies and barley (page 31) <i>Pictured above</i>	Cajun pork and rice (page 32) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	Vanilla and lemon pannacotta with poached rhubarb (page 58)	Pear or apple quick weeknight dessert idea (page 75)	150g tub Tropical Mango Frûche	¾ cup warm berries with ½ cup low-fat custard 
Exercise	Aim for 20-60 minutes of moderate exercise each day 			

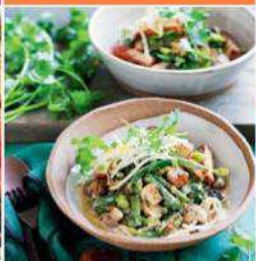
it's easy!



THURSDAY



FRIDAY



SATURDAY



depending on your exercise levels

3. Add 150g unsalted nuts or seeds – such as sunflower seeds, pepitas, chia, crushed almonds/walnuts/cashews
4. Mix well and seal
5. Each morning measure out ½ cup muesli and mix with either 185ml (¾ cup) skim milk or 170g (¾ cup) diet vanilla yoghurt

1 apple with 2 tsp natural peanut butter

1 slice grain toast topped with ½ cup light ricotta

2 fresh dates



Lemon roast vegetables with yoghurt tahini and pomegranate (page 49)

Niçoise chicken salad (page 44) plus 1 piece fresh fruit

Salmon vegie bowl (page 46)

2 rye Cruskits and 40g reduced-fat cheese

30g unsalted mixed nuts

Pear crostini with blue cheese spread (page 25)

Mexican chicken bowls (page 31)
Pictured above

Vegie and tofu laksa (page 43)
Pictured above

Lamb & chickpea pita burger (page 55)
Pictured above

have a couple of alcohol-free days a week

1 cup fruit salad



1 small banana, sliced, with ½ cup low-fat custard

5 canned peach slices plus 100g diet vanilla yoghurt

Always discuss your exercise plans with your doctor first

Avoid kilo creep

An unfortunate common side-effect of these cooler months is a desire to stay indoors with indulgent meals and treats. This reduced physical activity, plus high-energy comfort meals, can result in unplanned weight gain. Try our four simple steps to help avoid the dreaded kilo creep:

1 Base your meals on the healthy plate model – fill half your plate with non-starchy vegetables, a quarter with low GI carbohydrate (eg, pasta, sweet potato or corn) and a quarter with lean protein (eg, steak, chicken or fish).

2 Watch your fluid choices – warming milky coffees contribute high amounts of kilojoules to your diet, but rarely fill you up. If you are looking for a warming drink, try having either a herbal or black tea or warm water with lemon.

3 Avoid cream and butter-based sauces – these are high in fat and kilojoules. Opt for tomato-based sauces or, better yet, skip the sauce altogether and enjoy the natural flavours.

4 Set an exercise schedule – aim to do something active at least every second day and have an indoor plan for those extra cold days. ■

clever kitchen

Healthy, natural bars, a trick with lemon juice and a little idea for that weeknight dessert, all from our food editor *Alison Roberts*



SUPERMARKET CRUSH

Naked Bars

Kez's Kitchen Free & Naked bars are gluten-free and made from all natural ingredients. With less than 400 kilojoules in each bar and containing about 1 exchange of carbohydrates (15g) and at least 2g of fibre, they make the perfect morning or afternoon tea snack. Available in Choc Crunch Protein, Popcorn, Choc Mud and Lamington. Available as a 5-pack for RRP \$5.99 and single bars at RRP \$2.



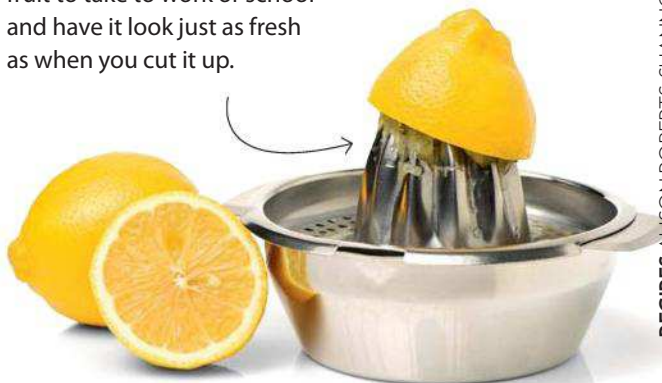
KITCHEN TIP

Fresh trick

Do you often find that not long after cutting up a pear or apple, it can start to discolour? It's all right for some but can be off-putting for others (like my son!). To rectify this problem, and add a flavour hit at the same time, simply brush or drizzle the cut surface of the fruit with a little lemon juice. It's a great way to be able to cut and pack your fruit to take to work or school and have it look just as fresh as when you cut it up.



**Eat
healthy,
think
better**



QUICK WEEKNIGHT dessert idea

Cut a **pear** or **apple** into wedges. Place on a serving plate. Whisk 3 Tbsp light smooth **ricotta**, a drizzle of **honey** and a pinch of ground **cinnamon**. Serve the honeyed ricotta with the **pear** wedges and 6 walnut pieces. Serves 2.



GF

PER SERVE 550kJ, protein 4g, total fat 5g (sat. fat 2g), carbs 13g, fibre 4g, sodium 61mg
 • Carb exchanges 1
 • GI estimate low
 • Gluten free

DL
loves

QUICK LUNCH IDEAS

TUNA & OLIVE RICE SALAD

Combine ½ tub SunRice Quick Cups Basmati **rice** with a drained 95g can John West **tuna** tempters Lemon & Cracked Pepper, 1 cup **rocket leaves**, finely shredded, 1 small Lebanese **cucumber**, chopped, and 125g cherry **tomatoes** in a bowl. Toss to combine. Transfer to a serving bowl. Sprinkle over 2 finely chopped and pitted Kalamata **olives**. Serves 1.

GF

PER SERVE 1190kJ, protein 20g, total fat 8g (sat. fat 1g), carbs 30g, fibre 6g, sodium 558mg • Carb exchanges 2
 • GI estimate low • Gluten free



QUICK SALMON PASTA

Cook 30g **spiral pasta** in boiling water for 10-12 minutes or until al dente, adding 5 spears **asparagus**, diagonally sliced, and 1 **zucchini**, sliced lengthways, for the last 2 minutes of cooking. Drain.

Combine 1 tsp **cornflour**, 60ml (¼ cup) Carnation Light & Creamy **Evaporated Milk** and 2 Tbsp salt-reduced **vegetable stock** in a small bowl. Season with **pepper**. Add **milk** mixture to the saucepan and cook, stirring, over medium heat until sauce thickens and comes to a simmer.

Add the **pasta**, 1 cup of **spinach leaves** and ½ drained 95g can **pink salmon** in springwater. Toss to combine and heat through. Serves 1.

PER SERVE 1210kJ, protein 23g, total fat 5g (sat. fat 2g), carbs 34g, fibre 7g, sodium 209mg
 • Carb exchanges 2
 • GI estimate low ■



SHOP SMART

Take control at the supermarket. Think about the week's meals and make a grocery list to ensure the best choices. Stick to the list, check labels and pick what's right for you

Prep at home

Make a plan. Map out your week's meals and snacks before heading to the shop. Use the plan to generate your grocery list.

✱ **ORGANISE YOUR LIST ACCORDING TO THE LAYOUT OF YOUR SUPERMARKET.** YOU'LL AVOID WANDERING AROUND THE STORE AND WALKING DOWN AISLES WITH TEMPTING TREATS.

SHOP WEEKLY

Plan a once-a-week shopping trip rather than going for daily needs. Spending more and buying too much is a risk if you shop frequently.

CHECK THE PANTRY

Take a look at your pantry. Restock healthy staples as supplies run low so you always have quality go-to items for quick meals and healthy snacks. Add these items to your shopping list. Get rid of any bad food choices.

SAVE MONEY

Look for specials. Scan local papers, brochures or online for any products on special. Look only for the foods that you need for smart choices. Check the weekly supermarket flyers, too, to see if any items you need or want are on sale; add these to your list.

✱ **DOWNLOADING A GROCERY APP WILL MAKE PREPARING AND UPDATING YOUR GROCERY LIST A SNAP.**

Buy in bulk. You'll save money when you purchase value-size packages of snacks and fresh food items. Divvy these packs into portion-controlled containers for later use. Fresh meat "family packs" can be divided into space-saving resealable bags and stored in the freezer.



Curb your Temptation

Avoid shopping when you are hungry or stressed.

Have a satisfying snack and relax. You'll be less likely to let your stomach overrule your brain and to grab indulgent comfort foods and treats. Keep an emergency snack in your purse or car for these occasions.

✱ TRY TO DO YOUR SHOPPING ALONE SO YOU CAN STAY FOCUSED. PLAN YOUR TRIP FOR WHEN YOU HAVE SOMEONE AVAILABLE TOWATCH THE KIDS.

BUY IN SEASON

Eating fruits and vegetables at their peak provides the best flavour and nutrition. Buying in season saves money, too.

Read package labels

The nutrition information panel is your key to making the best choice when comparing foods. Here's a look at an updated label.

1. Serving size All serving sizes are usually noted in weight (25g) and an amount, which will be either a number (8 biscuits) or measurement (1 cup). Be careful – some packages have more than one serving. You might have to do some maths.

2. Kilojoules Kilojoules are key to maintaining or losing weight. The kilojoules noted are for the serving size listed. Pay attention to how much of the food you normally eat and translate it into the serving size to calculate how many kilojoules you'll consume.

3. Total fat This is the sum of all types of fat. The total fat may be broken into different types (trans fat, monounsaturated, saturated and polyunsaturated). Generally choose foods with less than 10g per 100g.

4. Total carbohydrate When counting carbs, it is more important to look at the "total carbohydrate" level than the amount of "sugars". The total carbohydrate is the sum of the sugar, sugar alcohols, starch, and fibre in the food, which may be listed under the total carbohydrate level.

5. sugars The "sugars" on the label include all naturally occurring sugars plus added sugars. Check the labels for added sugars, such as sucrose, glucose, high fructose corn syrup, maltose, dextrose, raw sugar, cane sugar, malt

Nutrition information

Servings per package: 1 **1**

Serving size: 750ml

Ave. Quantity	per serving	%DI*	per 100ml
Energy	2 299kJ 71 Cal	3 3	40kJ 9.5Cal
Protein	0g	0	0g
3 Fat, total	0g	0	0g
- saturated	0g	0	0g
4 Carbohydrates	17g	5	2.2g
- sugars	5 17g	18	2.2g
6 Fibre	2.5g	14	15g
7 Sodium	300mg	13	1000g

*% DAILY INTAKE PER SERVE IS BASED ON AN AVERAGE ADULT DIET OF 8700KJ. YOUR DAILY INTAKE MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS

extract and molasses. Naturally occurring sugars are important in a well-balanced meal plan.

6. Dietary fibre This is the sum of all fibre, insoluble and soluble. Insoluble fibre is not digestible. Soluble fibre is digested but remains gummy and thick, helping you feel full. Not all labels include fibre. The recommended daily intake of fibre is 30g for men and 25g for women.

7. Sodium The amount of sodium found in one serving of the food is listed on the label. Foods with less than 120mg per 100g are best or choose a level indicated by your healthcare provider. Sodium can vary between brands. ■

COOK SMART

Be the smartest chef in the kitchen with these simple tips for cooking and eating well

Think ahead

Get organised. It's hard to cook a meal after a busy workday. Planning your meals is crucial to stay on track. For each meal, determine your starch, protein and non-starchy vegie choices – and stick to them.

Two time-savers. Cooking casseroles and meats in bulk and freezing them for later; placing ingredients in a slow cooker in the morning so dinner is ready when you come home.

*** TRY HOMEMADE**

IF IT'S PACKAGED, CHANCES ARE YOU CAN MAKE YOUR OWN VERSION AT HOME. FOR EXAMPLE, INSTEAD OF BUYING FRUIT-FLAVOURED YOGHURT, BUY PLAIN LOW-FAT YOGHURT AND ADD YOUR OWN FRUIT. TO CONTROL SODIUM, MIX UP YOUR OWN SEASONING BLENDS.



CHOICE INGREDIENTS

Use healthy fats. Not all fat is bad. You can make smarter choices in the kitchen by swapping saturated fats, such as butter, with better-for-you unsaturated fats, such as canola oil and olive oil. But all fats are high in kilojoules, so use them in moderation.

Cook whole grains.

Incorporate whole grains into your meal plans. They are loaded with fibre, so a small portion will satisfy you. Whole grains are also linked to lower risk for cardiovascular disease, lower body weight and less incidence of type 2 diabetes.

GO THIN!

Thin sandwich buns can save you up to 15 grams of carbohydrate and 500 kilojoules per serving compared with traditional buns. What's more, thinner buns allow you to enjoy the flavour of sandwich fillings more. You can also try thin bagels, very thinly sliced bread and extra-thin corn tortillas.



Favour whole foods.

After foods are processed, they can end up having more calories and carbs. Consider this: for 15 grams of carbohydrate, you could eat either 1-1½ cups fresh strawberries or a mere tablespoon of all-fruit strawberry preserves. Many times, you can eat a larger portion if you choose unprocessed versions of your favourite foods, which will take longer to eat and actually make you feel fuller longer.

Eat eggs. Eggs once got a bad rap for their high cholesterol, but studies show we aren't affected as much by dietary cholesterol, such as that found in eggs. Research shows saturated fat might actually be the bad guy – think chips and pizza. For a lower-fat and lower-kilojoule option, use egg substitute.

* LIMIT SUGAR

IT'S NATURAL TO WANT A SWEET TREAT, BUT USE SUGAR SENSIBLY. ANY FORM – WHITE, BROWN, HONEY OR SYRUP – ADDS KILOJOULES AND CARBS, BUT NOT NUTRITIONAL VALUE. SOME PEOPLE PREFER SUGAR SUBSTITUTES TO SATISFY THEIR SWEET TOOTH.

The right tools

Pick a frying pan. A non-stick frying pan is an essential kitchen tool. Get a heavy frying pan with a lid for the most versatility. Use wood or nylon utensils for cooking and hand-wash the frying pan to extend its life. Most traditional non-stick surfaces will eventually scratch and you'll need a new one. If you want the latest in kitchen tools, try a ceramic non-stick pan. It conducts heat well and the non-reactive surface is easy to clean.

* DRESS LIGHTLY

AN OIL MISTER MAKES IT EASY TO ADD JUST A SPRITZ OF FLAVOUR TO SALAD GREENS. AND A SALAD DRESSING SHAKER SIMPLIFIES MAKING AND STORING LOWER-FAT, SALT-REDUCED DRESSINGS AT HOME.

Perfect PORTIONS

Use measuring cups, a food scale and spoons when portioning your food. A general rule is to measure about 1 cup for casseroles or mixed dishes, 1-1½ cups for soups and stews, ½ cup for grain- or fruit-based side dishes, and 85g for cooked meat. Once you become a portioning pro, it's a good idea to occasionally get your measuring tools to make sure you haven't gotten heavy-handed with your portions. ■

"My mum is a breast cancer survivor and I'm so grateful. I couldn't imagine my life without her."
- Krystel

A photograph of two women, a younger woman with blonde hair and an older woman with dark hair, both smiling warmly at the camera. They are wearing white tops. The background is softly blurred.

This Mother's Day,
give your mother
the best gift of all.

Every day 50 women in Australia are diagnosed with breast cancer.

Make your gift this Mother's Day a donation to life-saving breast cancer trials research. Because trials save lives.



Your mum will receive this beautiful card which acknowledges your special gift. And together, you'll be helping all women affected by breast cancer to live better, to live longer and to never die from breast cancer.

Because the gift of life is the best Mother's Day gift of all.

Donate now at breastcancertrials.org.au or call 1800 423 444.



**BREAST
CANCER
TRIALS**
TRIALS SAVE LIVES

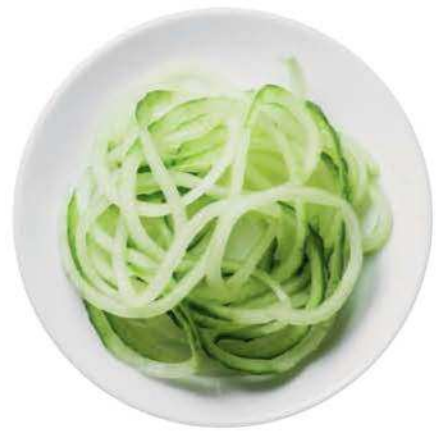
living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

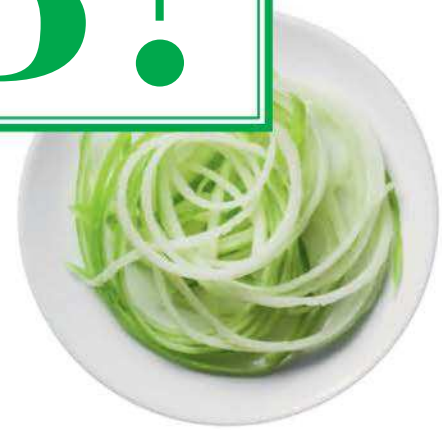
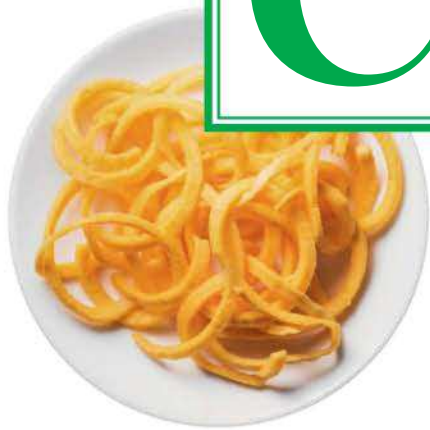
*Sometimes the most
productive thing you
can do is relax.*

– Mark Black, motivational speaker

PHOTOGRAPHY SHUTTERSTOCK



SHOULD YOU GO
**LOW
CARB?**



With low-carb high-fat (LCHF) and ketogenic (keto) diets in the limelight, you might wonder if you should cut carbs from your diet. But are carbohydrate-containing foods really the root of all ills? DL dietitian and diabetes educator *Dr Kate Marsh* explains the facts about carbs and helps you decide the role they should play in your own eating plan.



▶▶ Low-carb diets certainly aren't new. Most people have heard of Atkins, and those who are a little older, perhaps the Scarsdale Diet. Back in the 1960s there was the Russian Air Force Diet, the Drinking Man's Diet and even Leben Ohne Brot (Life Without Bread), all low in kilojoules and carbs.

Although these approaches were superseded for a time by low-fat diets, we are now seeing a resurgence of low-carb diets, with LCHF and keto diets being the popular modern-day versions. But are these diets really the solution to our weight and health issues? And are there any downsides, particularly for people with diabetes?

What is a low-carb diet?

There's no formal definition of 'low carb', and the term can be used for diets as low as 20g of carbs a day, or for those with a more modest reduction in carbs (less than 45 per cent of total energy intake – the government recommendation).

LCHF and keto diets belong to the former category and

generally exclude all grains, legumes, starchy vegetables, most fruits and carb-containing dairy foods such as milk, replacing them with non-starchy vegies, meat, poultry, seafood, eggs, olive oil, coconut oil, nuts and dairy foods such as cheese, butter, cream and Greek yoghurt. They encourage choosing fatty cuts of meat (preferably organic and grass-fed) and full-fat dairy foods.

What's good about going low carb?

Low-carb diets cut out the processed carbohydrates and added sugars none of us need.

Despite any controversy and differences of opinion, pretty much everyone agrees there are many carbs that shouldn't feature regularly in a healthy diet. These include refined carbs (think biscuits, cakes, pastries, highly processed breakfast cereals and white bread) and added sugars (such as confectionery and sugar-sweetened drinks). It's likely most of the benefits of going low carb come from eliminating these from your diet, rather than going low carb per se.

What are the downsides of going low carb?

Low-carb diets restrict most of the foods we know are beneficial for good health, including whole grains, legumes, fruits and some vegetables. Research has shown eating more of these foods is associated with a reduced risk of many chronic diseases, including cardiovascular disease, type 2 diabetes and some types of cancer.

There's also evidence low-carb diets high in animal foods can worsen insulin sensitivity, increase type 2 diabetes risk and increase overall mortality risk and the risk of dying from heart disease and cancer.

Restricting whole grains and legumes and eating a lot of animal foods can also have negative effects on your gut bacteria, which in turn may increase the risk of future health problems, including bowel cancer.

Finally, very-low-carb diets can have some pretty unpleasant side effects, including constipation, bad breath, headaches and dehydration as a result of ketosis (breaking down fat for energy). ▶

nutrition

They can also lead to poor energy levels and fatigue, which in turn make it difficult to exercise.

Will a low-carb diet help me to lose weight?

Most likely, yes. In fact any eating plan that cuts out major food groups is likely to lead to weight loss, and this is particularly the case for carbs, which are found in so many of the foods we commonly eat.

Cut out breads, cereals, grains, fruit, starchy vegetables, legumes and some dairy products and there isn't much left to eat. So weight loss is bound to occur.

However, studies show that while low-carb diets often lead to more rapid initial weight loss, in the longer term (more than 6-12 months) they don't appear to be any better than low fat, or other types of energy restricted diets. They can also be pretty hard for most people to stick to. And unless you can continue your new way of eating for the long term, it's unlikely your weight-loss efforts will be sustained.

Will a low-carb diet help me manage my diabetes?

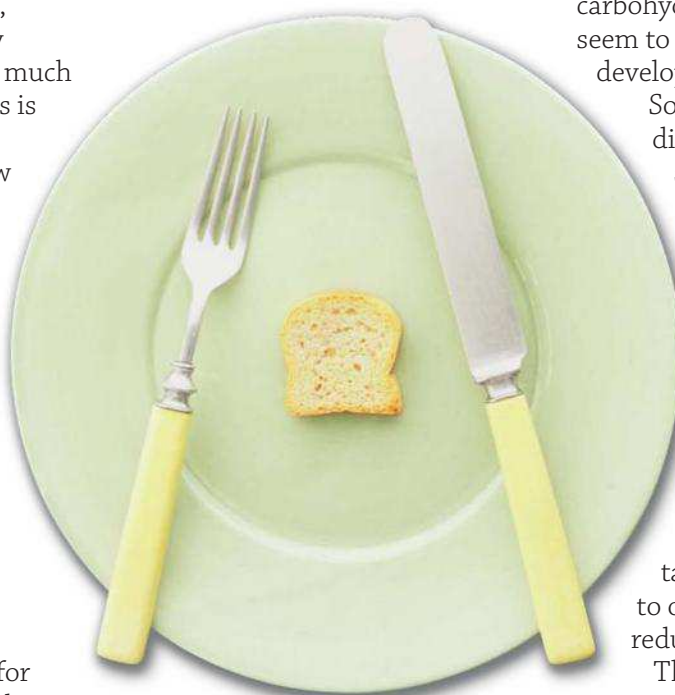
Any diet that helps you lose weight is very likely to lower blood glucose levels, by helping your insulin to work better.

Low-carb diets are no exception, and there is certainly some evidence to show low-carb diets (including the very-low-carb diets) can help with improving blood glucose levels and blood fats, and reducing the

medication of needs in people with type 2 diabetes.

But other diets, including Mediterranean and low-fat vegetarian diets, have also shown similar benefits. We also don't know the long-term effect of a very-low-carb diet.

Those in favour of low-carb diets for diabetes say cutting carbs is the answer because these are the foods that directly affect our blood glucose levels. When we eat carbohydrate, it



is broken down during digestion to glucose, which then appears in the bloodstream. So it might seem logical that cutting out carbs will help to lower blood glucose levels. And to some extent, this is the case.

But if you have type 2 diabetes, the reason you don't deal with carbs in the same way as someone without diabetes does is because of underlying insulin resistance. So the aim of making any dietary or lifestyle changes should be to improve how

insulin works in your body.

Losing weight and exercising both improve insulin resistance, but so do the types of food we eat. And there is evidence low-fat, high-fibre and plant-based diets improve insulin resistance, while high intakes of saturated fat and red meat can worsen insulin resistance.

What's more, people who are choosing to follow a vegan diet (which is typically higher in carbohydrate and lower in fat) seem to have the lowest risk of developing type 2 diabetes.

So while a very-low-carb diet may work in the short-term, it may not be the best solution there is to managing diabetes in the longer-term.

Still want to go low carb?

If you still think following a low-carb diet is the right approach for you to take, there are some ways to optimise the benefits and reduce the downsides.

This mainly comes down to considering where you get your protein and fat.

A low-carb diet high in animal fat and protein has been found to increase your chances of dying of any cause by 23 per cent, your chance of dying of heart disease by 14 per cent and your chance of dying of cancer by 28 per cent. A vegetable-based low-carb diet, on the other hand, is associated with a reduced risk of death from all causes and from heart disease.

So if you are going to embrace low carb, you need to make sure most of your fat and protein comes from plants!

You can do this by:

- Avoiding processed meats and replacing red meat with plant proteins such as tofu, tempeh, nuts and seeds.
- Getting most of your fat from avocado, nuts, seeds, olive oil and oily fish, rather than fatty meats, palm and coconut oil.
- If you're cutting out fibre-rich foods such as grains, legumes and fruit, ensure you're getting plenty of vegies in your meals.
- Including small amounts of quality carbs, rather than cutting carbs altogether – good choices include legumes, fruit, starchy vegetables and minimally processed whole grains such as quinoa, barley and rolled oats.

If you're taking insulin or medication to manage your diabetes, it's essential to speak to your doctor before you consider going low-carb, as your medication will need adjusting to avoid the risk of hypos. It's also important to monitor your blood glucose levels regularly when making any significant changes to your eating plan.

Your doctor will need this information in order to make adjustments to your medication.

In summary

Low-carb diets are one way to lose weight and improve blood glucose levels, but they are not the only way and may come with longer-term health risks. In fact, there's good evidence for the health benefits of many

carbohydrate foods, including legumes, whole grains, and fruit and vegetables, and research points towards a plant-based diet being the best type of eating plan for long-term health and chronic disease prevention. ■

GOOD CARBS NOT LOW CARBS

THE CARBS TO CHOOSE

- Fresh fruit
- Vegetables (but go easy on potato)
- Legumes
- Minimally processed whole grains such as traditional rolled oats, barley, quinoa, cracked wheat (burghul), buckwheat and lower GI varieties of brown rice
- Dense wholegrain breads
- Wholemeal or wholegrain pasta
- Unsweetened dairy foods such as milk and natural yoghurt and unsweetened soy milk

THE CARBS TO AVOID OR LIMIT

- Snack foods such as biscuits, cakes, lollies, chocolate, chips and popcorn
- Sweetened dairy foods including flavoured milks, flavoured yoghurt and ice-cream
- Refined grains including white bread, puffed and flaked breakfast cereals, and white rice
- Sugar-containing drinks including soft drinks, cordials and energy drinks
- Fruit juices
- Added sugars including table sugar, glucose, honey, maple syrup, rice syrup and agave nectar



ACE your TEST

We'll tutor you on how to get better lab results – which numbers matter most and ways to improve them

► A review of a simple memory device – the ABCs – will help you manage your diabetes:

A is for A1c. Short for HbA1c, this blood test is a measure of your average blood glucose levels (BGLs) during the past two to three months. Persistent high blood glucose levels can lead to diabetes-related complications such as heart, eye, kidney and nerve damage. Keeping blood glucose levels in your target range can help reduce the risk of developing these complications.

B is for blood pressure.

Blood pressure is a measure of the force of circulating blood on the walls of your blood vessels. High blood pressure increases the risk of heart disease, stroke, eye damage and kidney damage. This means that managing blood pressure is just as important as managing blood glucose levels when it comes to preventing diabetes-related complications.

C is for cholesterol. A blood test for cholesterol will usually measure the different types of fats in your blood, including LDL

(bad) cholesterol, HDL (good) cholesterol and triglycerides (TG). As with high blood pressure, high blood fats can increase the risk of heart disease, stroke and other diabetes-related complications. Because diabetes increases the risk of heart disease, it's recommended that people who have diabetes keep their levels even lower than someone without diabetes.

According to Diabetes Australia, diabetes can affect:

- The large blood vessels (macrovascular/cardiovascular complications), leading to a heart attack, stroke or circulation problems in the lower limbs.
- The small blood vessels (microvascular complications), causing problems in the eyes, kidneys, feet and nerves.
- Other parts of the body, including the skin, teeth and gums.



A1c (HbA1c or Glycosylated haemoglobin)

Procedure: Blood test, either by blood draw or fingerstick; no fasting required.

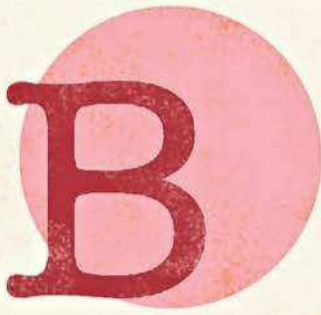
How often: Generally 2-4 times a year, depending on the type of diabetes you have, how it is managed and your results.

Target: Under 7 per cent (53mmol/mol) as a guide, but it depends on factors such as age and diabetes type. Discuss your HbA1c target with your doctor.

Protects: All key body systems, from the heart to the feet.

Keeping BGLs in target helps to prevent or minimise the risk of diabetes-related complications.

Action items: If your results are outside your target, discuss what changes you could make (lifestyle and/or medication) to manage blood glucose. Set a follow-up visit to measure the effectiveness of those changes.



Blood pressure

Procedure: A non-invasive test performed using an inflatable arm cuff and a stethoscope to measure systolic and diastolic pressures.

The cuff must be the right size for your arm and shouldn't be too tight before inflation. Your arm should be resting on a flat surface or held by the clinician at the level of your heart. Your feet should be flat on the floor.

Target: Under 130/80 mm/Hg.

Protects: The health of your blood vessels. Keeping blood pressure in check reduces the risk of having a heart attack or stroke, and of developing eye and kidney disease.

Action items: If your top number is between 130 and 140, your doctor will likely suggest you try to reduce your blood pressure by making lifestyle changes (such as reducing salt intake, upping your intake of fruit and vegetables and exercising regularly) as well as losing weight, if needed. If the top number is over 140, your doctor will likely prescribe medication.

Diabetes-related complications

Over time, diabetes can cause damage to your body's organs, blood vessels and nerves. But if you look after your health and your diabetes is well managed, you can significantly reduce your risk of developing these complications.



Cholesterol panel

Procedure: Blood test to measure blood lipids (fats); fasting required.

How often: At least annually in most adults.

Target: Total cholesterol: under 4mmol/L, LDL: under 2mmol/L, HDL: above 1mmol/L, and Triglycerides: under 2mmol/L

Protects: Blood vessel health. Keeping blood fats within this range helps to reduce the risk of heart disease and stroke.

Action items: Lifestyle changes (including a heart-healthy diet and regular exercise) are the first steps to improving blood fats, but some people will also need cholesterol-lowering medications, such as statins. If LDL levels are above target, try switching

saturated fats (found in animal foods, palm and coconut oil) for the healthier monounsaturated and polyunsaturated fats (found in nuts, seeds, avocados, fish and olive oil) and increase your intake of soluble fibre, from foods such as barley, oats and legumes. If you have high triglycerides, up your intake of omega-3 fats (found mostly in oily fish, but also plant foods such as chia and linseeds), avoid or limit alcohol and minimise added sugars. Losing weight, if you are carrying extra weight, can also help to improve blood fats.

Turn the page to see other lab tests and checks that will help protect your health. ➤

A1C percentages don't compare easily with the numbers on your meter, says diabetes educator Marcia Draheim. For example, an HbA1c of 7 per cent (53mmol/mol) translates to an average blood glucose level of 8.5mmol/L.

PROTECT *your parts*

As well as ongoing blood tests to check HbA1c and blood fats, and regularly measuring blood pressure, there are other tests and health checks that are important for people with diabetes as they can help detect early signs of complications.

THE EYES

Annual dilated-eye exam: Visit an ophthalmologist or optometrist once a year to check your eyes through dilated pupils. This is needed to check for diabetic eye damage (retinopathy), as well as cataracts, glaucoma and other eye disorders that occur more frequently in people with diabetes. If any problems are detected, you may need more regular visits.

MOUTH AND TEETH

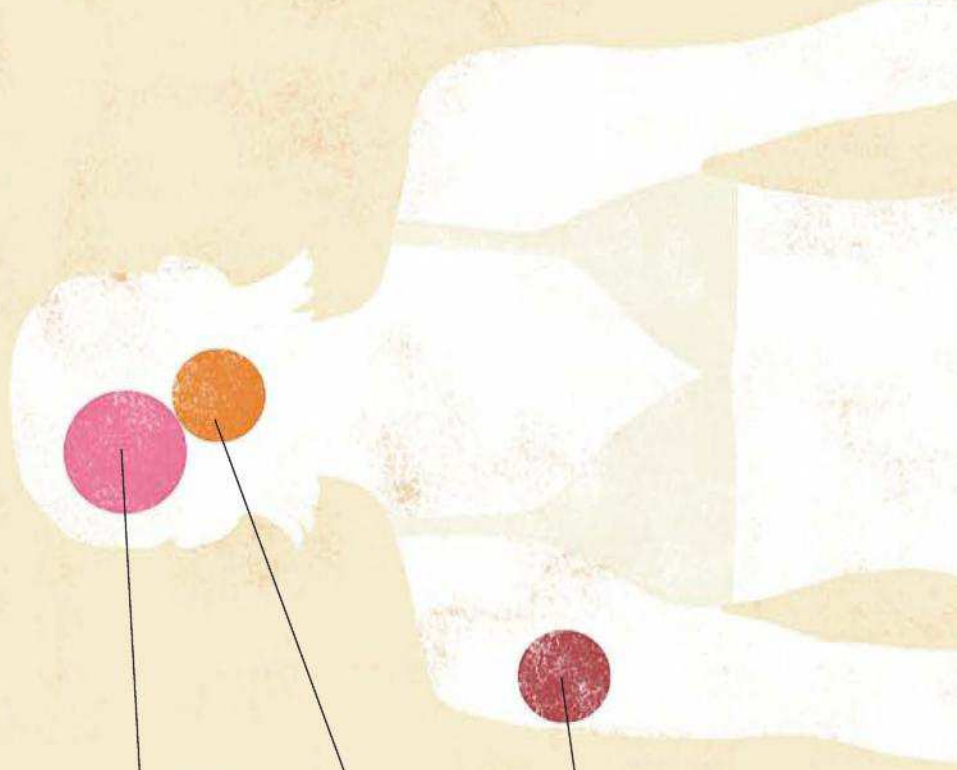
Annual or semi-annual dental check-up: Experts encourage at least one dental check-up and teeth cleaning each year. Let your dentist know you have diabetes as high blood glucose levels can contribute to gum disease.

IMMUNE SYSTEM

Immunisations: An annual flu vaccination is recommended for all people with diabetes who are over six months of age. A one-time pneumonia shot is recommended for those aged 65 and older. (Over 65 and vaccinated more than five years ago? You may need a repeat.)

YOUR ANNUAL CYCLE OF CARE

These health checks should form part of your diabetes annual cycle of care. It's important to see your GP each year for this review, which aims to detect any health concerns early on, and put a plan in place to manage them. As part of this process, your GP may refer you to other health professionals, such as a dietitian, diabetes educator, podiatrist, ophthalmologist, exercise physiologist or endocrinologist, to help you in managing your diabetes and reducing the risk of complications. During the review your GP should also ask about your lifestyle habits (such as diet, activity levels, smoking and alcohol intake), medications and emotional health.



WEIGHT AND WAIST MEASUREMENT

Body Mass Index (BMI): A measure of your weight (in kilograms) divided by your height (in metres) squared.

Waist circumference: A measure of the weight carried around your middle.

Carrying extra weight, especially around the middle, can make it harder to manage your BGLs, blood pressure and blood fats.

Target: A BMI between 18.5 and 24.9 is considered to be within the healthy weight range. A waist measurement of less than 94cm for men and less than 80cm for women is recommended.

Note: different target ranges may be used if you are from an Asian or Pacific Islander background.

Action items: If your weight and/or waist circumference are sitting above the recommended range, then ask your doctor for a referral to an Accredited Practising Dietitian, who can help you with developing a diabetes-friendly eating plan to lose weight. If you are carrying extra weight, even a modest weight loss (of 5-10 per cent of your weight) can help to reduce your blood glucose levels, blood fats and blood pressure.

FEET

Foot examination: An initial foot check should be done by your doctor, diabetes educator, practice nurse or podiatrist. If your feet are found to be low risk, then it is recommended that you have an annual foot check. If assessed as being a high or intermediate risk then you will need more regular checks – at least every 3-6 months – or more often if required.

KIDNEYS

Urine albumin to creatinine ratio (UACR):

This annual urine test, which shows whether small amounts of protein are passing into the urine (healthy kidneys filter this protein), can indicate very early signs of kidney damage. At this stage treatment can often slow or prevent further damage. A blood test to check kidney function, called estimated glomerular filtration rate (eGFR), is also recommended.

Target: A UACR less than 2.5mg/mmol for males and less than 3.5mg/mmol for females, and an eGFR above 60.

Action items: If your UACR is above target, two kinds of blood pressure medicines – ACE inhibitors (angiotensin converting enzyme inhibitors) and ARBs (angiotensin II receptor blockers) – may slow or stop kidney damage. Tight management of blood glucose and blood pressure is important, too. If your eGFR is low you will need more regular kidney checks and may be referred to a kidney specialist. ■

relationships





anger

MANAGEMENT

If your spouse is like a bear with a sore head, it could be the sign of a medical condition. Bestselling author *Kristen Mae* shares her story

» I had the letter printed out and ready to go. I wasn't mad anymore – once you've made the decision, peace follows.

I'd written the letter after a nuclear argument about the door to the garage being left open. My husband has a thing about doors being left open in the same way I have a thing about dirty socks on the floor. Fine.

But it was a cool April day, not one that would have cost money in electric bills from airconditioning dribbling out the door. His mother had probably (accidentally) left it open a crack after taking out the rubbish. He was yelling at both her and me, furious and stomping, nostrils flaring as he slammed cabinets. "Don't argue with me!" he yelled as if we were children. "Just keep the damn door closed!"

I accused him of being insane. That argument was the culmination of many similar arguments – after which I would have to "wait for him to cool down" so we could talk rationally. Every time, after cooling down, he would admit he had overreacted.

"You have an anger problem," I kept telling him. "This isn't normal." "I don't have an anger problem," he'd

say. "I'm happy. I'm not angry."

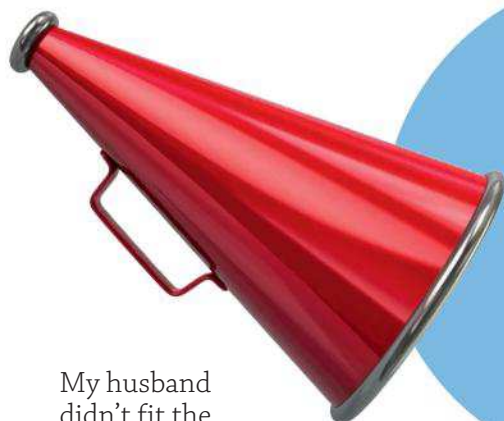
Back and forth, round and round, for months, years. It worried me to leave him alone with the kids. I could read when he was getting too hot, and knew when to let it go, when the best thing to do was wait for him to cool down. The kids didn't. What if he snapped? He hadn't yet, but I dreaded that someday he might.

How had I managed to marry such an angry, volatile person? How had I chosen this man to be the father of my children? I felt stupid for not seeing these traits before marrying him, for allowing that kind of rage into my life, into my children's lives.

The day he yelled about the garage door was the day I decided I was done – the day I wrote the letter. Within it was an ultimatum: either admit you have an anger problem and get help, or I will leave you.

The day I planned to give him the letter, in the morning, he sent me a text. He'd recently been to the doctor for the first time in years, and had gotten blood tests done. The text said: "I have diabetes." My letter sat on the desk next to my phone, each one containing a different kind of devastating information. I couldn't give him the letter, not now. ►

relationships



“You have an anger problem, I kept telling him. This is not normal”

– Kristen Mae

My husband didn't fit the profile I had in my mind about people with diabetes – he was only 39, physically fit, not overweight. Except... just about everyone on his mum's side of the family has type 2 diabetes. I googled the symptoms. My husband had many of them, symptoms that had been right under our noses and yet had crept up on us so gradually, we hadn't seen them.

Excessive thirst: He would drive me absolutely bonkers on road trips with his consumption of drinks. We'd have to stop every 20 minutes so he could use the bathroom, adding hours to already long trips to visit family in another state. At restaurants, he would drink five full soft drinks over the course of the meal. I'd joke that one of his legs must be hollow, but I was privately disgusted by what I deemed to be his gluttony.

Increased hunger: For my husband, this was less constant hunger and more like... ferocious, immediate hunger. He wasn't hungry all the time, but when he did get hungry, it was a code red situation. The joke in our family was that Daddy needed to hurry up and eat because he was getting “hangry”. Again, I privately thought his lack of self-control was pathetic.

Weight loss: I'd wondered how he managed to lose weight even though he exercised less than I did and consumed

massive quantities of food. Not fair, I thought. Not fair that men lose weight so much easier than women! I brushed it off.

Fatigue: He could fall asleep anytime, anywhere, instantly. But... can't all parents of young children? Especially those who get up at six in the morning every day? I didn't think anything of it.

I committed to supporting him, but honestly, I was angry at him for being sick. On top of all of your other ragey rubbish, I have to deal with this now, too?

But I plastered on a sympathetic smile and hugged him, cried with him. It could be worse. It wasn't cancer. I researched diabetes diets. Bought books on Amazon. Purged our pantry of pasta, white rice, cake mixes. Increased our vegetable consumption.

He began taking meds, eating better and exercising more and, after a few weeks, something wild happened: The man I married began to reappear.

I hadn't even noticed he'd been taken from me, because diabetes had stolen him so gradually. My husband, my true husband, is not short-tempered. He is temperate and diplomatic and kind and generous and hardworking. He is a critical

thinker who is also silly and playful, with a propensity for blurting out hilariously inappropriate things. He is a storyteller, an unconditional lover, a handyman. This is the man I married, and yet somehow, I'd missed his disappearance.

I'm telling our story because I know others out there are experiencing this exact same thing. “Volatile changes in mood” is not listed as one of the symptoms of type 2, but it should be. For my husband, it was the dominant symptom, the one that wreaked the most havoc on our lives and nearly broke apart our family.

And it's not only diabetes. Other disorders and illnesses, such as multiple sclerosis and brain tumours, can bring about dramatic mood and behavioural changes in people. The human system is a mind-bogglingly intricate one, and every chemical change that happens in the body affects the mind.

Many of us know about “hanger”, the angry/hungry feeling we get when our blood sugar drops and we need to eat something. This is our brain telling us it needs fuel in order to function properly.

For my husband, because the sugars from the food he ate were trapped in his bloodstream and not reaching his brain, his brain was literally starving – he was “hangry” for three years straight.

Diabetes had changed him from a calm and rational person into someone who was tired, irritable and angry.

So, if your spouse is acting in a way that causes you to question how you could ever have married them, send them to the doctor. They might just be sick, and you might be about to get your loved one back. ■

take the right steps

Get the lowdown on the risk factors and symptoms of peripheral neuropathy

Peripheral neuropathy is the leading cause of diabetic foot sores.



“At night, it feels like my feet are on fire. Is this from diabetes?”

▶▶ A burning sensation in your feet could be due to nerve damage from diabetes called peripheral neuropathy. About 50 per cent of people with diabetes (PWDs) develop nerve damage, and peripheral neuropathy is the most common kind, affecting toes, feet, legs, hands and arms.

What's happening

Over time, the nerves of PWDs can become damaged and misfire, causing pain.

Eventually those nerves die off, which results in a loss of feeling. You may notice your feet are numb, yet hurt at the same time. Although dead nerves cause numbness, remaining

damaged nerves cause pain.

High blood sugar is to blame for some of the nerve inflammation and damage. The risk factors for atherosclerosis (build-up in arteries) – such as smoking, high cholesterol and high blood pressure, which cause blood vessel blockages – can make the nerve damage worse, too. The longer you've had diabetes, the more likely you'll experience neuropathy.

Symptoms

Neuropathy typically shows up first in the toes and feet. You may notice tingling (pins and needles), a burning sensation or shooting pain. These discomforts typically come and go, seem worse at night, and affect one or both sides of the body.

Over time, you may lose all sensation, such as to touch, heat, cold and pain. Some people have

nerve damage but don't notice any symptoms.

Identification and treatment

Your doctor can do simple tests, such as testing ankle reflexes and an ability to sense vibrations and hot and cold objects.

There aren't any meds that can prevent or reverse neuropathy, although exercise improves blood flow to the feet and hands.

Smoking and alcohol abuse up your risk of diabetic neuropathy and infected sores. Prescription drugs such as duloxetine (Cymbalta) and pregabalin (Lyrica) can help reduce – but not eliminate – pain.

PREVENTATIVE TIPS

- Keep blood sugar as close to normal as possible
- Attain healthy cholesterol and triglyceride levels
- Keep normal blood pressure
- Always wear shoes or slippers
- Exercise regularly
- Maintain healthy weight
- Don't smoke
- Check feet daily ■

need to know



weight gain MYTHS

If you regain the kilos after every weight-loss plan, your genes may be sabotaging your efforts

▶▶ Eating less (energy in) and exercising more (energy out) is the secret to a slimmer waistline. Or is it?

For years, health experts have considered this the 'go-to' formula for maintaining a healthy weight. But now its simplicity is being questioned. "The idea that all you need to do to lose weight

and keep it off is to cut kilojoules and go to the gym regularly is not true for every person," says Professor Joe Proietto, head of the Weight Control Clinic at Austin Health in Victoria.

"It's one of numerous unhelpful myths that imply people are completely to blame for their weight gain. In fact, obesity is

a disease affected by 100 genes that impact on weight. Up to 60 per cent of the population may be carrying some of these genes that predispose them to store fat and make it harder for them to lose it."

UNHELPFUL WEIGHT MYTHS

That doesn't mean that if you

have obesity genes you are destined to gain weight, but it does mean your risk of weight gain and obesity may be higher. So if you are often battling the scales, or have spent years yo-yo dieting, separating the following myths from facts may help you maintain a healthier weight:

MYTH 1: Slim people eat less than overweight or obese people.

We all know people who can eat whatever they want and not put on a kilo. Science is now telling us why. “There is growing evidence that there is a powerful genetic susceptibility to becoming obese,” says Proietto.

In one series of experiments at Rockefeller University in New York, a random group of lean people ate excess kilojoules for a period of time. Though they all over-ate by the same amount, they surprisingly showed a variety of weight gains – some participants put on a lot of weight while others didn’t.

“Since the volunteers were all fed the same number of kilojoules, the only way that this can be explained is that those who did not put on weight must have been better at burning it off,” observes Proietto. “This has been backed up by studies that show that identical twins have similar weights, even if they are reared in households where they eat differently.”

According to Proietto, studies also suggest that the level of voluntary activity we do, such as playing sport, may also be dictated by our genes. “Research at the Mayo clinic has also found that the amount that we burn off through fidgeting and other spontaneous movement appears to be genetically determined, too,

and impacts on how much fat we store or burn,” he says.

PROTECT YOUR WEIGHT:

Lifestyle does play a role in weight gain and can cause epigenetic changes, which switch certain genes on and off.

“Those lifestyle triggers may include a high-fat, high-kilojoule diet and also stress and sleep loss,” explains Proietto. The take-home message? Aim to:

- Eat a healthy diet with plenty of whole foods and limit take-away and processed foods.
- Engage daily in a practice to reduce stress, such as meditation, progressive relaxation or yoga.
- Stop bingeing on Netflix and make sure you get eight hours of sleep a night.

MYTH 2: Our bodies are designed to be slim.

Flashback to when we lived in caves and the genes that hardwired our bodies to store fat efficiently and quickly kept us alive in times of famine. “Fat was the preferred form of stored energy because it is light and, per gram, contains twice the energy stored in glucose,” says Proietto.

Cut to the present where food is readily available and those very same fat storage genes have become a liability. “Those genes are now widening our waistlines and causing health issues such as heart disease and diabetes type 2,” says Proietto.

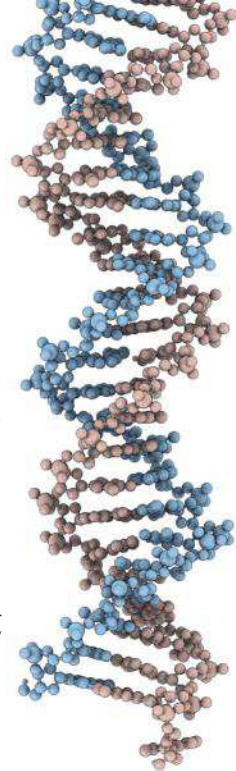
Obesity genes not only cause some people to store more fat, they also affect their hunger hormones, increasing their appetite and leading to weight gain. “When the capacity of their fat cells to store fat is reached and fat begins to be deposited in other tissues, particularly muscle and liver (called ectopic

“
Obesity is a disease affected by 100 genes that impact on weight

fat), it can cause damage,” says Proietto. “In muscle, ectopic fat causes insulin resistance which, in susceptible individuals, is a precursor to type 2 diabetes. In the liver, excess fat not only causes insulin resistance but can also lead to fatty infiltration, causing cirrhosis.”

PROTECT YOUR WEIGHT:

- Eat three meals a day, avoid snacking, cook from scratch where possible and don’t eat take-away more than once a week.
- Fill your plate with mostly vegetables and a palmful of protein. If you are eating carbs, keep the serving small.
- Minimise your intake of starchy vegetables like corn, peas and potato and eat more low-carb vegetables such as broccoli, spinach, tomatoes, zucchini, cauliflower, capsicum and salad greens.
- Eat mindfully: “Research shows that when you focus fully on the enjoyment, texture and flavour of your food, you feel more satisfied after a meal and are less likely to snack later,” says Proietto. ➤





Once some people lose weight their genes lead their brains to increase their hunger hormones

MYTH 3: Controlling hunger is about willpower.

“Many of the obese people that we see in our clinic tell us that they have stuck rigidly to diets in the past and lost weight – even large amounts – but have inevitably gained it back,” says Proietto. “This is not due to lack of willpower. Once some people lose weight their genes lead their brains to increase their hunger hormones so that they actually feel hungrier than before they lost the weight.”

Research from the University of Washington has found that

fat loss due to kilojoule restriction causes a drop in the hormone leptin (which makes you feel full) while also increasing levels of the hormone ghrelin (which makes you feel hungrier).

“Our research has found these changes continue and that the hormones that increase hunger are still elevated 12 months and three years after weight loss,” says Proietto.

“This means that genes and not willpower make it difficult for some people to maintain their weight loss after a period of eating less.”

PROTECT YOUR WEIGHT:

Talk to your healthcare team about undertaking a ketogenic diet for several months to encourage weight loss. This is best done under the supervision of a nutritionist. In their Weight Control Clinic at Austin Health, Proietto and his team prescribe a low-fat, low-carb ketogenic diet for people who have gained weight.

“I don’t use a high-fat, low-carb diet because having too many fats can have unhealthy impacts on the heart,” says Proietto.

“People on our ketogenic diet eat 3347 kilojoules (800 calories) per day, replacing breakfast and lunch with protein drinks and eating a dinner of protein and non-starchy vegetables with a dash of oil to contract the gall bladder.”

For the first few days on the diet the body burns its glycogen stores. “I ask people to buy roast chicken and keep it in the fridge so they can nibble on it to stave off hunger,” says Proietto.

“Usually by day three on the ketogenic diet, people start burning fat and start producing ketones – chemicals that suppress hunger.”

At Proietto’s clinic at Austin Health, people who are obese are advised to stay on the diet for as long as it takes them to reach a healthy weight, while a person who has less weight to lose may only stay on the ketogenic diet for a few months.

“The combination of the meal replacement and the low-carbohydrate evening meal ensures that people obtain all the vitamins and minerals they need to stay healthy while losing weight,” he says.



ARE APPETITE SUPPRESSANTS HELPFUL?

MYTH 4: Dieting is the best way to lose weight.

In fact it may cause rebound weight gain. A sobering study by the National Institutes of Health tracked six male and eight female contestants from the US television show *The Biggest Loser*.

Though their body fat initially reduced with their weight loss, six years later when the contestants were followed up, their body fat had increased almost back to the same level it had been at the beginning of the program before their weight loss.

Meanwhile, their metabolisms were idling on slow. "The researchers found that six years later, the dieting had actually slowed the metabolism of the contestants by between 1255 and 2090 kilojoules a day (300 to 500 calories)," says Proietto.

PROTECT YOUR WEIGHT: Avoid constant dieting.

Not only is there a risk it could increase your hunger hormones, your energy expenditure – the rate at which you burn kilojoules – is also likely to drop at the same time. Instead, under the supervision of a nutritionist or your diabetes educator or endocrinologist, make some short-term changes or mix up your eating style.

This may include approaches like eating flexitarian (where you eat vegetarian several days a week) or intermittent fasting (where you eat lower kilojoules several days a week).



In order to understand how appetite suppressants work, here's what you need to know:

1. Numerous hormones affect hunger

According to Professor Joe Proietto from Austin Health, numerous hormones affect hunger and are produced in different parts of the body. They include:

● Hunger stimulators

Stomach: Ghrelin

Colon: Insulin-like Peptide 5 (ILP-5)

● Hunger inhibitors:

Upper small bowel:

Cholecystokinin (CCK)

Lower small bowel: Peptide YY (PYY), Glucagon-like Peptide-1 (GLP-1), Oxyntomodulin, Uroguanylin

Fat cells: Leptin

Pancreas: Insulin, Amylin, Pancreatic Polypeptide (PP)

Professor Joe Proietto of Austin Health.

MYTH 5: If you lose weight quickly you are less likely to keep it off.

Proietto has undertaken a study of 200 obese people that showed this myth to be untrue. In his study for the National Health and Medical Research Council (NHMRC), volunteers were put into either the rapid weight loss group (who had to lose the weight over three months) or the slow weight loss group (who had to lose the same amount over nine months). "We checked their weight

2. Some people benefit from appetite suppressants after weight loss: "After obese people have lost weight we prescribe drugs to help suppress their appetite," says Proietto. "Otherwise they are constantly fighting their genes, which increase their hunger hormones, and it's a battle that most people lose."

Talk to your endocrinologist or diabetes educator about whether hunger-suppressing medications might help you. Proietto says the main drugs his clinic uses are duromine and saxenda, and a third medication, called Topamax. "As nature tends to give us numerous hormones that affect hunger I often prescribe all three drugs, unless there are contraindications – for example, people with arrhythmias or coronary heart disease should not take some of these drugs," says the professor.

again three years after achieving the initial weight loss," says Proietto. "This showed that there was no difference in the rate of weight regain between the two groups."

PROTECT YOUR WEIGHT:

"If you are trying to engage in weight loss, remember that sometimes doing a shorter period of restricted kilojoules is far more effective than an extended period of kilojoule restriction, which might also have the unintended impact of slowing your metabolism," says Proietto. ■

FACE YOUR

fears

**What scares you about diabetes?
From facing discrimination to
fearing for a spouse's safety...**

▶ Josephine Stafford was eight years old when she woke from a coma feeling terrified and confused. She was diagnosed with type 1, starting an emotional roller-coaster of fears, worries and concerns that would challenge her for the rest of her life.

Josephine, now 44, was initially scared of pain and screamed every time she had a needle. Then she felt anxious about being ostracised at school, as kids called her a drug addict and a “dumb diabetic”.

Her parents didn't understand diabetes and were preoccupied with their own problems. With no-one to guide her through the everyday challenges of managing the disease, Josephine coped by going into denial. “I spent such a large part of my life not wanting to acknowledge that I had diabetes at all,” she says.

Diabetic Living psychologist Dr Janine Clarke says that fear is a completely normal reaction to a “complex, demanding and unpredictable” condition such as

diabetes. Although unpleasant, it's not always a bad thing, and can prompt you to take care of yourself and keep yourself safe. But when fear and worry start to take over your life and go on for too long, it can cause problems.

“The struggle to control or get rid of fear and anxiety can get in the way of you pursuing things that matter most to you – the things that make your life rich, vital and meaningful,” says Dr Clarke. “When this happens, it can be helpful to learn ways to reduce the impact of anxious thoughts and feelings that will inevitably show up.” Here's how...

TYPE 2

What scares me... “I was recently diagnosed with type 2, and I'm worried that my boss is going to judge me if I come clean about it.”

Legally, it's important to note your employer isn't allowed to discriminate against you because of diabetes, and you are also protected under human rights, disability and workplace relations acts. It's also important to

remember that hiding your type 2 can cause you greater anxiety, or lead to you missing meals or meds, which in turn can have a negative impact on your health and diabetes management.

From an emotional standpoint, Dr Clarke says that although we can't get rid of negative thoughts about being judged or criticised, we don't have to let them influence how we live our lives.

“It can be helpful to learn to separate unhelpful thoughts so they're a bit like background noise, and don't occupy our full attention and get in the way of the stuff that matters,” she says.

Dr Clarke adds some people find it helps to notice a thought and then say it in the voice of their favourite movie star or cartoon character. “We tend to pay a lot of attention to our thoughts and respond to them as though they are objective truths,” she says. “This strategy can help people have a different relationship with their thoughts and remind us that thoughts are just words.” For others, naming

to help, so is there anything you'd like me to do right now?" Then your loved one has the freedom to say no. Consider getting some counselling, maybe from your GP or another trusted health professional, if you're struggling to accept that.

GESTATIONAL

What scares me...

"I have gestational diabetes, and am worried that everything I do (or don't do) is hurting my baby."

It's common for people with diabetes to be critical of themselves and beat themselves up, says Dr Clarke, factors that can intensify if you're having a baby. And being told there is nothing to worry about doesn't necessarily help. Some people feel distressed that they are worrying because they've been told they shouldn't.

Dr Clarke suggests that when you notice your mind beating you up, it can be helpful to treat yourself with the kindness and compassion you'd show someone else who was struggling. Write a list of the nice things you can do

for yourself – maybe going for a walk, having a massage or spending some time at the beach.

It might also help to be aware of the thoughts you are having, and to get clear on whether they are thoughts about things that you can, or can't, control. "When it is something you can't control, you can take steps to reduce the impact those thoughts and feelings are having on you and what you are doing," Dr Clarke says. "Be compassionate with yourself. What would you say to someone else in your shoes?" ■

FACT

Most women who have gestational diabetes go on to have normal pregnancies with healthy babies. Staying on top of monitoring, and sticking to healthy eating and exercise patterns, will go a long way towards ensuring the health of you and your baby.

the thought is a help, so they might say: "Oh, here comes that 'you deserve to have diabetes' thought again."

All of this takes time and practice, but it can help to reduce the hold unhelpful thoughts have on your behaviour.

TYPE 1

What scares me...

"My husband doesn't seem to care about managing his diabetes at all, which makes me fear for his health."

While we can influence other people, we can't change or

control them. If your concern for someone else is starting to affect your wellbeing, then it is important to find ways to manage it. This fear is not good for you and it can damage relationships – particularly if you are being perceived as pushing someone around or being judgemental.

You can take action by raising your concern in a compassionate and non-judgemental way, using a lot of "I" statements. You might say "I really care for you and want

5 WAYS TO
KICK YOUR
BAD HABITS
today!

Making a few small changes can have a big effect on your health and weight

▶▶ When you see clients for weight loss on a regular basis, there are a number of common dietary habits that arise time and time again. Here are solutions to the most common mistakes many of us make, which can prevent us from reaching the weight and health-related goals we have set for ourselves.

I Ditch the coffee

It doesn't matter if it's a flat white, latte or cappuccino – any coffee that contains a significant amount of milk is also likely to contain a significant number of kilojoules, especially if it's ordered in a large or grande size. There are several issues with large, milk-based coffees. First of all, humans don't tend to compensate for liquid kilojoules, which means we don't eat less simply because we have consumed extra liquid kilojoules. Coffee can also mean we have a few small breakfasts, especially when we begin the day with a coffee, add to that some extra toast or cereal, and then have another coffee at work an hour or two later. And then for some of us, ▶

living well

breakfast has become coffee, which can interfere with our natural hunger and fullness signals through the morning.

Solution: If you enjoy a coffee, have a small-sized serve with your breakfast and then wait at least 2-3 hours before you eat again. You can enjoy black tea or coffee without worry.

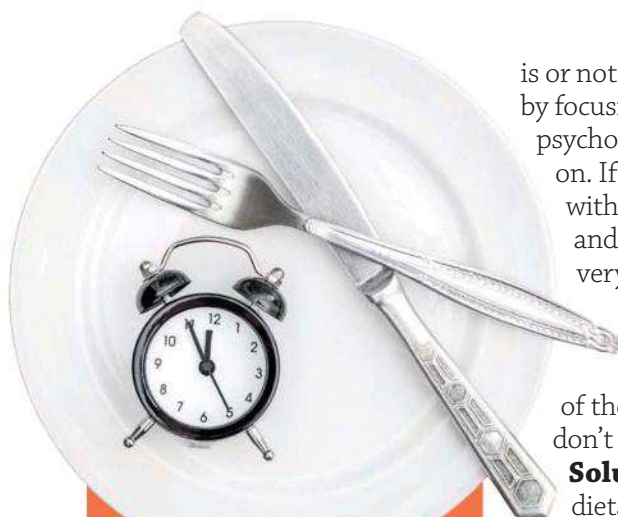
2 Stop the mindless munching

You know what we're talking about here – picking at the kids' leftovers, the slice of cake a colleague offers you at work or the few handfuls of nuts you munch on throughout the day. It's eating you may not necessarily remember doing, but these are the high-kilojoule extras that seem to slip in most days. Mindless munching is a habit that tends to gradually creep up on us over time, is often situation-dependent and is a habit many of us are in complete denial about. If you wonder why you're not losing weight despite eating relatively well, simply keep track of every morsel you put into your mouth over a 24-hour period. You may be surprised how many extras slip in.

Solution: Aim to eat just 4-5 times each day with 2-3 hours between meals, and only have water, herbal or black tea or coffee in between.

3 Drop the "all-or-nothing" mindset

Chances are at some point you have started an incredibly strict diet on Monday, only to run out of steam by Wednesday afternoon as the hunger pangs and feelings of restriction get the better of you. As soon as any diet feels restrictive, whether it



5 Be an early (eating) bird

A typical dietary pattern sees busy people grabbing a quick breakfast or coffee on the run, followed by a light, late lunch and then a series of afternoon snacks and a relatively heavy dinner. Unfortunately, this eating pattern is linked to weight gain simply as we tend to move much less during the second half of the day and are also less likely to wake up hungry for a good breakfast the next day. For many of us, a shift in this schedule is unlikely to happen anytime soon, which means some subtle shifts to our food intake patterns will help to reverse the daily cycle of higher-kilojoule eating towards the second half of the day.

Solution: Commit to making both breakfast and a good lunch a priority. If dinner will be enjoyed after 8pm each night, keep your portions small and choose lighter options such as salad, grilled fish and vegetables. For some, enjoying a heavier meal at lunchtime is a great solution.

is or not, the brain will respond by focusing on what you are psychologically missing out on. If you're overly restrictive with kilojoules, hunger and cravings will make it very difficult to maintain the restriction for a prolonged period. These are just some of the reasons strict diets don't work.

Solution: Make positive dietary changes gradually, one at a time. For example, one week focus on eating more vegetables, the next on reducing portions. Here, the focus is not on what you can't do, but on what you can do to get results.

4 Check labels

Just because a particular product looks healthy, doesn't mean it is. An abundance of food labels telling us about the benefits of packaged foods, rather than the cons, means we often get sucked into buying foods that are not particularly healthy.

Solution: A quick scan of an ingredient list will tell you much of what you need to know about processed and packaged foods. The longer the ingredient list, the more processed a food is, and as soon as you see extra fats, sugars and additives it's a sign to leave the product on the shelf. ■

Commit to making breakfast and lunch a priority

Banish your GORD

Simple lifestyle changes can help you tackle the pain of heartburn

▶▶ Diabetes increases your risk for gastro-oesophageal reflux disease (GORD), also known as reflux, acid reflux, acid indigestion and acid regurgitation.

What that means

Heartburn happens when the acid from your stomach backs up into your oesophagus, which is too delicate to tolerate it. Occasional heartburn is common; the condition becomes GORD when it's chronic.

It's not clear if diabetes causes the problem or if the two simply coexist. Diabetic nerve disease might also play a role – if the stomach's nerves are damaged, the stomach's contents may sit around for a long time, increasing the likelihood that they will reflux. Excess stomach fat can also put pressure on the abdomen, causing contents to go in the wrong direction.

Common symptoms

Heartburn, pain in the upper

part of the stomach, burping, a sour taste in the back of the mouth, and regurgitating stomach contents into the throat or mouth; for people with diabetes, there may be a sensation of having something stuck in the throat.

Anatomy of reflux

The lower oesophageal sphincter (LES) acts like a one-way door between the oesophagus and the stomach when you eat or drink, opening only to allow the contents of the oesophagus to pass into your stomach. When things go awry, the LES becomes weak or relaxes when it should be tight. It might open at the wrong time, allowing the stomach's contents to escape the stomach and reflux into the oesophagus.

SMART TIPS

- Eat slowly and avoid overeating
- Quit smoking and avoid caffeine and soft drinks
- Limit alcohol and spicy, acidic and fatty foods
- Wait three hours before lying down after a meal
- Wear clothes loosely around your abdomen
- Take a walk after eating

FIND RELIEF

Elevate the head of a bed with a 15cm wedge pillow between the mattress and mattress pad.

treat it

You may be tempted to just put up with GORD. Don't. Untreated it can lead to serious complications such as the narrowing of the oesophagus, oesophageal cancer, ulcers, asthma attacks and pneumonia. Your doctor may prescribe a medication. ■

living well

Declutter your path to BETTER HEALTH

Are the spaces around you organised so the healthy choice is always the easiest one? We'll teach you how to target problem areas where clutter gets in the way of your diabetes management goals



Clutter can do more than make it hard to find your keys, a good snack or workout socks.

“Fundamentally, clutter is about avoidance more than anything else,” says Mindy Godding, a decluttering expert and certified professional organiser. “If you declutter and establish systems, it can help you live with intention. It’s empowering to be able to access what you need when you need it.”

In the same spirit, decluttering can help you better reach your health goals. In *Diabetic Living*, we often repeat the same three lessons – eat well, keep moving and live well. It’s smart to arrange the spaces around you so it’s easier to do all three.

“Set up your environment so your habits are healthy,” says dietitian Melissa Joy Dobbins from soundbitesrd.com.

We’ve put together an easy six-step system for decluttering, with your wellbeing in mind. It starts, as always, with asking yourself what’s in the way of achieving your goals. By the final step, you’ll have made your path to better health just a little more clear.

1 Choose a goal
Grab a piece of paper and write down a health goal that’s been hard for you to achieve. Our examples on the following pages will help you get started.

2 Tie it to a personal space
Write down where this goal “lives”. Keep it narrow so your decluttering project doesn’t overwhelm you. For example, if you want to snack healthier, maybe your goal lives in the pantry. If you want to get to Zumba class on time, your goal might live in the closet where you keep your workout clothes. If you are trying to better stick to your medication schedule, but your supplies are all over the house, pick a place for that goal to live, such as a shelf in the kitchen cupboard.

3 What’s in your way?
What’s going on in that space that makes it hard to achieve your health goals? Make a list of the clutter or obstacles that stand in the way of what you want.

4 Make a plan
Think about ways to clear out chaos so that making the best choices will be easy. Pinterest is a great resource for organising and decluttering ideas. But remember, this isn’t about prettying things up. It’s about making your spaces work hard for your health.

5 Get started
Put a date for your project on the calendar. You’re more likely to follow through if you make it official in writing. Next, make a list of supplies you’ll need. And then set a time limit so you’ll stay on task and won’t get too overwhelmed (another reason it’s important to pick an easy, manageable goal area).

6 Pat yourself on the back
Choose a reward that motivates you to finish the project. Yes, you’ll get the benefit of a clear path for better health. But immediate rewards help to make any project all that much more fun.

Digital tools and apps that can help

► BRIGHT NEST

Custom schedules and how-to lists for all your cleaning, organising and home tasks. Has a stylish interface and smart reminders.

Free site, brightnest.com

► TODOIST

This clean and simple task manager combines all the to-do lists scattered around home, at work and in school into an ultimate master list. Add details such as due dates to tasks in-app, or delegate some of the work to others.

Free app, todoist.com

► CHORE MONSTER

This goofy, fun app has both parental and kid versions – parents assign jobs, approve work and designate rewards. Kids log in to check for upcoming chores or the status of current ones, then earn reward points by completing them.

Free app, choremonster.com

► TODAY

Enter your tasks for each room and this clever app will manage their frequency and remind you when to get cracking. \$10.99 iPhone app, todayapp.com ►

“
Reduce clutter to make good choices your point.

- Melissa Joy Dobbins,
soundbitesrd.com

EXAMPLE 1

GOAL

Take lunch to work most days instead of eating fast food.

WHERE IT LIVES

The storage container drawer.

WHAT'S IN THE WAY?

My make-and-take supplies are scattered everywhere. I can't find what I need when I need it.
PS: Where the heck are all the lids?

MY PLAN

Locate all lunch-to-go supplies. Keep only the ones with lids! Tidy up that drawer and replace everything in an organised way.

SUPPLIES

Small curtain tension rods.

REWARD

When I finish the project, I'm going to get that cute soup thermos with the built-in spoon.



EXAMPLE 2

GOAL

A walk every day for me and my pooch.

WHERE IT LIVES

In the entryway.

WHAT'S IN THE WAY?

The leash and my favourite shoes are literally buried somewhere in there under the hats and bags and coats.

MY PLAN

Clear out the junk from the entryway. Hang a hook for the leash. Find a home for my shoes and accessories.

SUPPLIES

Hook, entry bench or shoe bin.

REWARD

Cute new retractable leash with the built-in doggie-doo bags! ➤



“

If you're operating in chaos, everything becomes a last-minute decision.

- Mindy Godding, decluttering expert and certified professional organiser

living well



When everything is tidy, we can see choices clearly to support better decision-making.

- Melissa Joy Dobbins,
soundbitesrd.com

EXAMPLE 3

GOAL

Monitor and control my blood sugar, even when I'm not at home.

WHERE IT LIVES

My purse.

WHAT'S IN THE WAY?

My meds and supplies are all jumbled up in there. I have to dig around for what I need when I need it.

MY PLAN

Do a little online shopping for a better diabetes to-go bag. There are lots of cool options out there. I'll read the reviews and decide what works best for me.

SUPPLIES

New bag (pictured: Banting Diabetes Wallet, \$48; myabetic.com)

REWARD

When I've organised all my supplies, I'll buy a new gentle lancing device. ■



ILLUSTRATIONS BEE JOHNSON

TAKE *control* NOW

Just been diagnosed with diabetes? It's time to take a deep breath and consider your next steps. The action points laid out here will help you gather the information you need to make any changes necessary so you can live your life well

DIAGNOSED WITH DIABETES

You might feel overwhelmed. Don't worry: we've got clear actions you can take now to thrive. These tips are helpful if you've lived with diabetes for many years, too. As you may know from experience, diabetes is managed day to day by the person who has it, rather than by a healthcare provider. ►



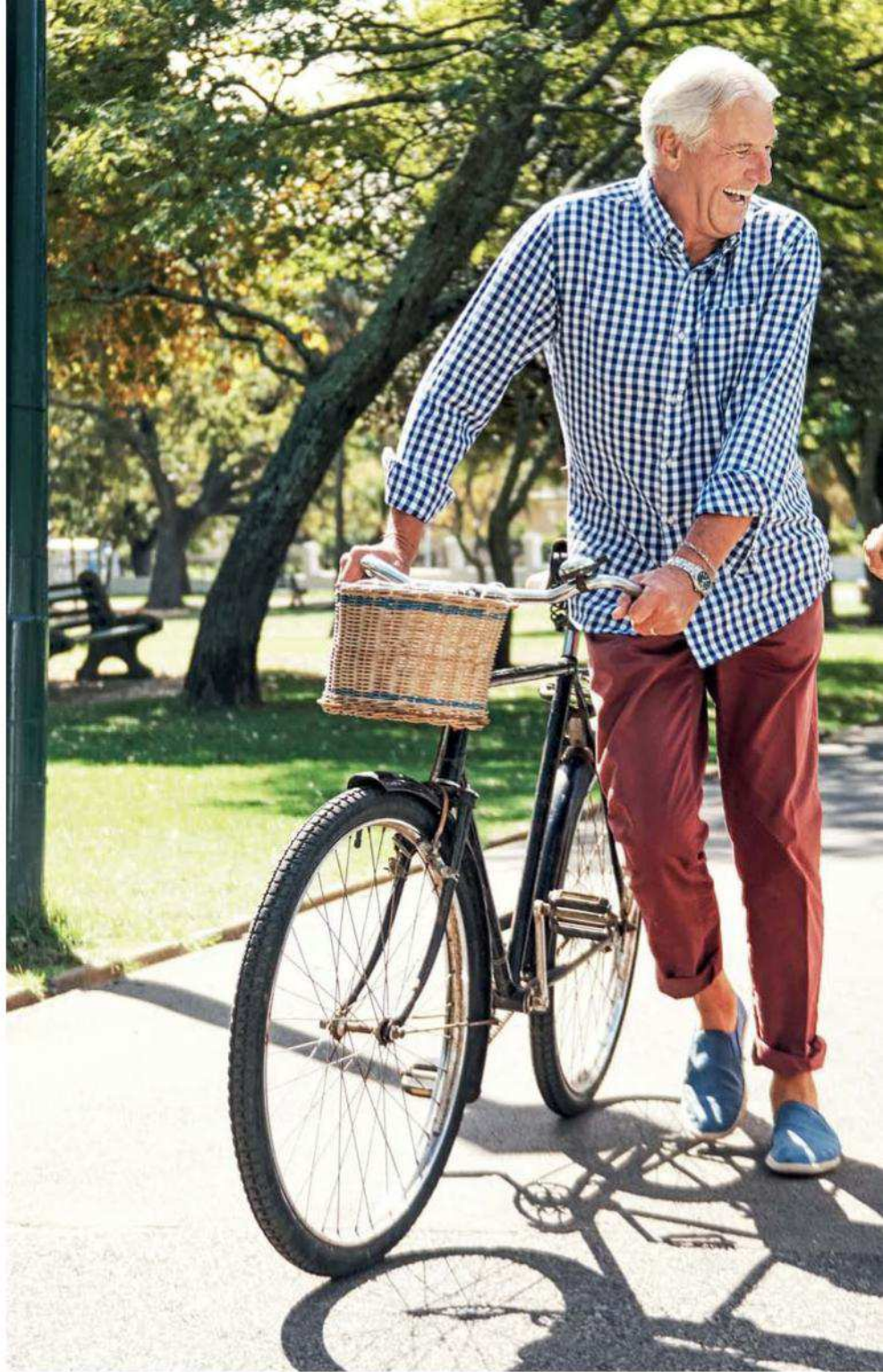


The steps you take now will affect your future health

“Diabetes management is self-management,” says dietitian Patti Geil, the co-author of *What Do I Eat Now?* (American Diabetes Association). “Individuals with diabetes manage their own condition 95 per cent of the time, so knowing what you need to do is key.”

Living well means focusing on seven behaviours: eating, physical activity, monitoring, medications, problem-solving, coping and reducing risks. “You won’t learn everything you need to know about managing your diabetes by reading one book or having one appointment with a certified diabetes educator,” says Geil. “Learning about successful diabetes management is a lifelong process.”

There’s no need to revamp your life in one fell swoop, but it is important to start making gradual lifestyle changes. The things you do in the early years after diagnosis can set the stage for how well you’ll manage your condition long-term. Make changes gradually so each new habit can sink in before you adopt the next one. Ready?



Get psyched

“Try to remember you can be a healthy person living with diabetes” because the emotions of diagnosis can derail even your best intentions, says Kim DeCoste, dietitian and spokesperson for the American Association of Diabetes Educators (AADE).

NIX the blame game.

When it comes to type 2: “Some people will get into self-loathing and say, ‘I caused this. This is all my fault,’” says Theresa Garner, nurse and author of *Your First Year with Diabetes* (AADE). “Realise you have it now, and that the steps you take now will



affect your future health. Dwelling on the past is not going to help your future health."

VIEW it as an opportunity, not a crisis.

Learning to eat more healthily, exercise more and take better care of your health is good for

anyone – with or without diabetes. "This is a healthy lifestyle," says Garnero, who has type 1 diabetes. "This is a chance to turn your life around. You can do this with the right information and support."

MAKE changes slowly.

It's tempting to want to make

several changes at once, but it's not necessary, says Kate Cornell, 62, who has type 2 diabetes, and was diagnosed in 2005. "Take your time and learn as you go," she says. "You'll get there. I still slip up now and then, but I keep on moving forward."

PUT yourself in charge.

For Michael Bidwell, 60, who has type 2 diabetes, taking responsibility for his health after diagnosis set the scene for success. "Our doctors, nutritionists and endocrinologists are all consultants," he says. "We are the ones in charge. We need to know how to adjust our diet, exercise and meds to create healthy balance that allows us to function, feeling well."

KNOW there will be setbacks and accept them.

Don't expect perfection every day. "There will be days when I'm more on top of my game, and there will be days when there are slip-ups," says Garnero. Prepare for those so you can take them in your stride.

HAVE back-up strategies for tough situations.

Holidays, parties and dinner out can derail the most determined plan to eat well and exercise regularly. Your best ammunition is a plan for dealing with these occasions. ►

TOP TIP
Write down all your questions and take them with you to your GP

living well

Get organised

Managing diabetes is like managing anything else – it takes a strong team of players, careful attention to detail and a smart plan. Here's what you can do to prepare your winning strategy.

READ or take classes.

Visit the websites of reputable organisations such as Diabetes Australia (diabetesaustralia.com.au) or your state/territory body. But don't forget to take a day off from learning, says David Wade, 40, who has type 2 diabetes. "I realised that I had reached overload when I lost touch with my life enjoyments," he says.

MASTER the art of reading food labels.

Knowing how to decipher a label is essential to planning nutritious meals and snacks. As well as picking the healthiest sources of carbohydrates and adequate, but not too many, kilojoules, it's important to limit harmful fats (trans and saturated fats) and sodium.

BUILD carb consciousness.

In the body, carbohydrate has more effect on blood glucose levels than protein or fat – but it's still a necessary nutrient to include in your diet. "If you can control the amount of carbohydrate you eat, then you can have some control over fluctuations in blood glucose," says Garner. Learn how many carbohydrate grams are in your favourite foods, and create a meal plan (a registered dietitian can help) that designates how many carb grams to eat at each meal. Opt for fibre-, vitamin- and

mineral-rich sources (fruit, vegetables, whole grains and low-fat dairy).

MONITOR blood glucose.

Keeping tabs on your blood glucose levels at the times that are recommended by your healthcare provider helps you to understand how your blood sugars are affected by certain foods, physical activity, illness, stress and other factors, says DeCoste.

BE AWARE of serving sizes – yours and at restaurants.

Many people are shocked to realise they eat a lot more than a serving. "Open up your pantry and fridge, look at what a serving size is [on labels], and compare it to what you eat," says Tami Ross, dietitian and the co-author of *What Do I Eat Now?* "A lot of my patients say they eat two or three times that amount."

Get educated

"It's not possible or practical to ask for medical advice every time one plans to eat, take medication or deal with minor illness," says Tami Ross, dietitian and the co-author of What Do I Eat Now? Here's how to boost your know-how and your confidence level.



ARRANGE all of the necessary health checks.

Certain tests and procedures, such as blood pressure readings and dilated-eye exams, can establish your baseline and, when they are checked regularly, provide warning signs of developing complications. Turn to page 86 for the recommended test and health checks.

SET goals to boost your odds of success.

Geil suggests creating goals that are specific (S), measurable (M), achievable (A), realistic (R) and time-bound (T). "SMART goals give you a framework for accomplishing your goals," she explains. For instance, instead of saying, "I'll lose weight by eating more fruits and vegetables," tell yourself, "I'll have a medium fresh orange for breakfast three days this week."

MEET with a certified diabetes educator (CDE).

CDEs are trained to help people develop the knowledge, skills and tools for managing diabetes. “The educator will help you develop an individualised plan to take care of your diabetes,” says DeCoste. “Most people who participate in diabetes self-management education feel much more prepared to take care of their diabetes.”

TAKE your medication.

This is essential for wellbeing, but don’t view the need for prescription medication as a negative. “If your doctor recommends medication, it’s not because you have failed in some way,” says Garner. “Instead, know that you need a little extra help.”

RESEARCH what can be covered or subsidised.

GPs are able to develop a Chronic Disease Management plan to outline who you need to see on an ongoing basis, and you may even be eligible

Get support

Don’t go it alone! To succeed at the lifestyle changes diabetes requires, surround yourself with friends who understand.

for a Medicare rebate. Check with your health insurer to see if anything is covered (i.e. dietitian services).

ENLIST support from other people with diabetes.

For Michael, having friends in online communities has been an invaluable source of support. “I don’t have a lot of face-to-face friends who have diabetes, so I rely on the ones online,” he says. “They can guide us, educate us and encourage us, so that when the going gets tough, we can get our butts in gear and do what we need to do.”

TELL your family & friends.

When Kim Kircher, 46, was first diagnosed with diabetes, she kept it a secret – only to then find herself struggling when she

experienced hypoglycaemia (low blood sugar). “What I’ve found, of course, is to educate my friends and family before I need them,” she says. “That way, when I’m getting low, I don’t have to explain what I need from them.”

KNOW your pharmacist.

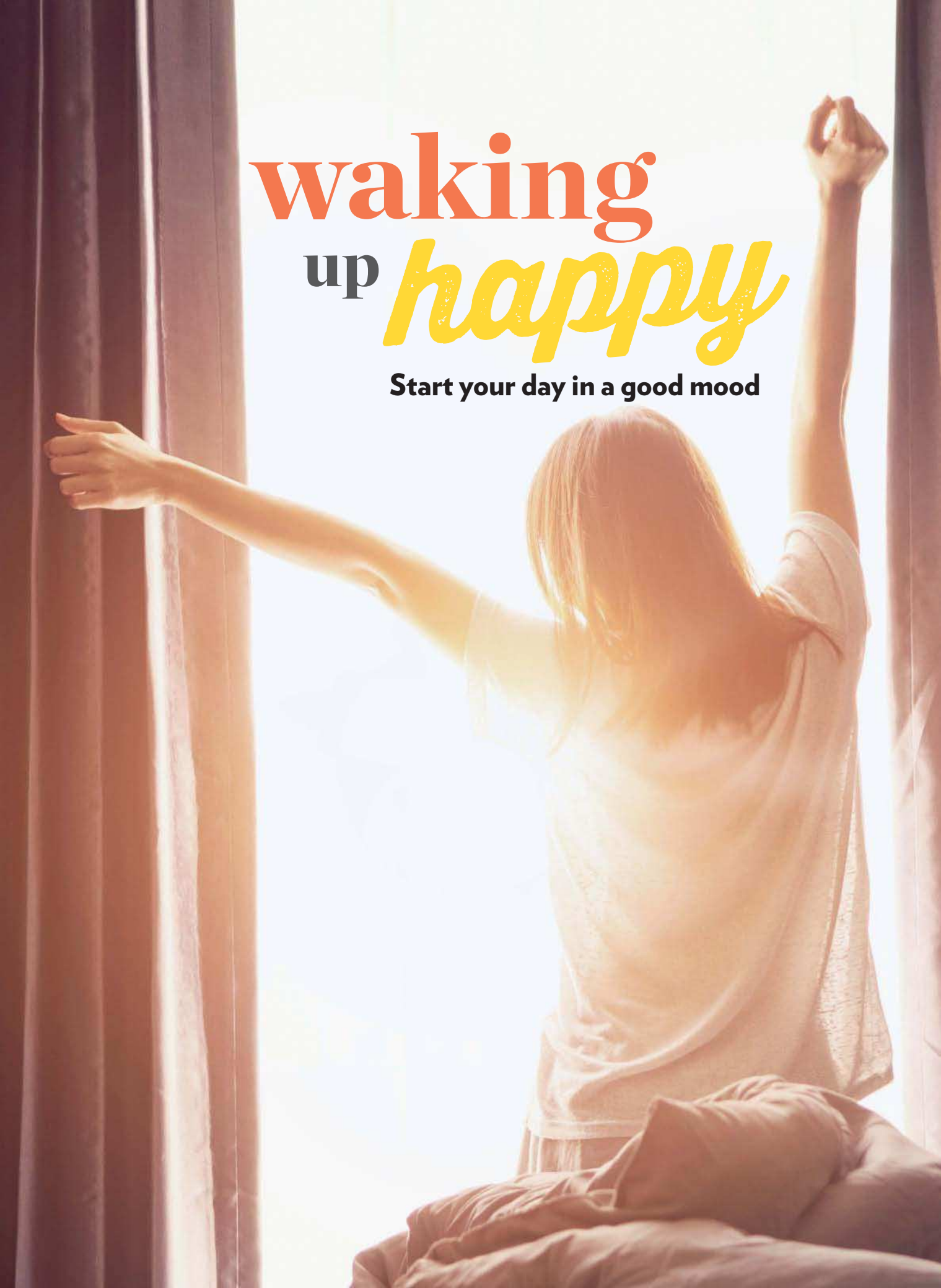
Having someone who knows every medication you’re taking can help you to avoid dangerous side effects and interactions, Ross explains. Ordering all of your meds from one pharmacy is ideal, but you also can take a list of your medications as well as vitamins, supplements and herbal remedies to a pharmacist for review.



IF YOU DO ONLY ONE THING ...

... Exercise, say two experts, both with type 1 diabetes. The sooner you start, the sooner you’ll get blood sugars under control and avoid complications, says Sheri Colberg-Ochs, PhD., professor of exercise science at Old Dominion University in Virginia. “Exercise has the ability to make your insulin work better, meaning you can get by with less, and to lower your blood sugar and blood fat levels. Being regularly active has also been linked to a lower risk for almost every potential diabetes-related health problem,” she says.

“Even if you can only exercise for a few minutes, that’s okay,” says Gary Scheiner, who is an exercise physiologist. “Try to do a little more each day.” ■

A person with long blonde hair, seen from behind, is sitting up in bed. They are wearing a light-colored t-shirt and have their arms raised, holding onto the wooden frame of a window. Bright sunlight is streaming in from the window, creating a warm, golden glow. The person's left hand is on the left side of the window frame, and their right hand is on the right side, reaching higher. The bed has a brownish-red blanket and a pillow. The overall mood is peaceful and optimistic.

waking up *happy*

Start your day in a good mood

▶▶ If you have ever gotten out of bed feeling sad, angry or frustrated – thinking about how poorly you slept, what’s on your agenda or people who are bothering you – you know it’s the worst way to kick off the day. According to a Sleep Cycle survey, men across the world wake up in better moods than women. However, women do experience their most joyful mornings on Saturdays. To carry that cheery weekend vibe through the rest of the week, we asked happiness gurus to share their insights. Learn to smile when the sun comes up with these tips.

Go to bed earlier

The best thing you can do for your morning mood is to actually get enough shut-eye, says Christine Carter, PhD, author of *The Sweet Spot* and *Raising Happiness* (both Random House). Shut down your screens 30-45 minutes earlier than you normally do. That way, you’re more likely to get those seven to nine hours and you won’t wake up feeling groggy and irritated.

Open the shades

If you sleep with your blinds partially open, like Carter, your circadian rhythm will sync with the sunrise. The light will cue your body that it’s time to get up, which is a peaceful way to awaken. If brightness keeps you from getting sound zzzs, pull back the shades when your alarm goes off so you still get some natural sunlight before you start moving.

Set encouraging goals

While lying in bed, take a minute to think about what you want to happen in your day. “Your intentions create your reality, and what you focus on first thing in the morning can



“Your intentions create your reality, and what you focus on first thing in the morning can have a powerful impact on your day”

— Gabrielle Bernstein, motivational speaker and life coach



have a powerful impact on your day,” says Gabrielle Bernstein, motivational speaker, life coach and author of *Miracles Now* (Hay House). You might aim to have a positive chat with your husband, share stellar ideas at work or even just make your children laugh. Whatever it is, say it out loud or write it in a journal.

Say thanks

“Starting your day with gratitude can also increase your happiness,” says Carter. So besides stating your daily goals, mention or jot down what you’re thankful for in the morning. The challenge here is to appreciate something different each morning.

Send love to your foes

It may sound difficult to wish the best for co-workers or friends who cause you stress, but Bernstein promises it’ll give you a more upbeat outlook on life. Say a silent prayer for the people you’ve been resenting and wish them success and happiness.

Stay unplugged

If you check your work email or glance at the world news prior to putting your feet on the ground, you’re bound to feel some

anxiety, says Bernstein. “Give yourself time to begin the day with clarity and peace,” she says. Refrain from picking up that smartphone for the first hour after you open your eyes.

Establish a routine

People tend to feel calmer when they follow the same schedule every day, says Carter. Create one that works for you – and gets you out the door without rushing. You should do the same activities in the same order, so you can work on autopilot during those early hours.

Mind your nutrition

Most people wake up dehydrated, which can put tension on the body and leave your mind more prone to feeling angst. Carter suggests counteracting that response by downing a full glass of water. Eating within an hour of waking up will also stabilise your blood sugar levels, which helps to elevate your mood. But she advises holding off on that cup of coffee until mid-morning (about 10am) in the office. “This will increase concentration, without causing the body stress,” she says. ■

SQUEAKY *clean*

**Washing hands
before checking
blood glucose is
an important way
to get it right**

► In user guides and how-to videos, blood glucose meter companies detail every step they want you to take when you check your blood glucose level. Yet study after study has shown that most people skip one or more of the steps.

Maybe you think the steps can't all be important. Maybe you've heard different advice elsewhere. Or maybe you need some evidence of their value in achieving accurate results. Here, we'll examine the most basic step – washing your hands, which may seem trivial or open to interpretation.

For those of you in a hurry, see the tips below for what's best, according to research.



1 Wash your hands
with soap and water.
Not hand sanitiser
or alcohol wipes.

2 Dry them well.
On dry skin, blood
wells up in a nice,
round bead. On a
damp finger, blood
tends to spread.

3 If you don't do
steps 1 and 2, you'd
be wise to wipe away
the first drop of blood
and use the second
on your strip.

TO WASH OR NOT

Do you need to wash your hands before you check your blood glucose? Or is a quick wipe on your jeans good enough?

In a recent study published in *Diabetes Care*, 123 people had their blood glucose levels checked by fingerstick and handheld meter 1) on unwashed hands 2) after washing their hands with soap and water, drying them and then handling fruit and 3) after handling fruit and then washing and drying their hands again.

The researchers, led by Johanna Hortensius at the Diabetes Center, Isala Clinics, in the Netherlands, considered a reading acceptably accurate if it differed by less than 10 per cent from the control (washed and dried hands).

• **Unwashed hands** (no fruit): When the first drop of blood was used, in about 1 in 9 tests the reading was more than 10 per cent higher than the readings from washed hands. Wiping away the first drop of blood with a tissue and using the second drop eliminated most of the false increases.

• **Handling fruit:** Each participant sliced or peeled a piece of fruit and tested without washing. The results from the first drops of blood were, on average, 110mg/dl higher than the readings from washed hands. Again, wiping away the first drop and testing the second helped bring the result closer



Plain soap and water are best. Hand sanitiser and alcohol wipes may leave residue on your fingers.

to the control, but not enough. The researchers concluded that the first drop of blood should be used for self-monitored glucose testing only after washing hands. If washing hands is not possible and they are not soiled or exposed to a sugar-containing product, use the second drop of blood.

SOAP WINS

Are hand sanitiser and alcohol wipes as good as soap and water?

Cindy Young, a nurse and diabetes educator in Maine, has been getting reports from clients that when they use certain hand sanitisers, they get higher readings. Young, who does not have diabetes, ran her own tests. After she washed with soap and water, her blood glucose reading was 99. After she used plain gel hand sanitiser, it was 98; after hand sanitiser with lotion, it was 115. If you use hand sanitiser, you may want to run some comparisons to see if it's affecting your readings.

If you're concerned about germs, soap and water still wins. According to the Centers for Disease Control and Prevention, "Washing hands with soap and water is the best way to reduce

the number of germs on them. Alcohol-based hand sanitisers can quickly reduce the number of germs on hands in some situations, but sanitisers do not eliminate all types of germs."

How about alcohol wipes? In an earlier study by Hortensius's group and reported in *The Netherlands Journal of Medicine*, the fingers of 25 people were soiled with glucose, fruit, jam, honey and chocolate. The researchers wiped the soiled fingers with chlorhexidine-alcohol solution, an antiseptic used to clean skin before surgery. The readings from the first drops of blood were, on average, 14mg/dl higher than the readings taken from soiled fingers that had been washed with soap and water.

There's another problem with alcohol wipes. Christopher Stein at the University of Johannesburg, South Africa, found not allowing the alcohol to evaporate before sticking the finger led to an average increase in the reading of about 9mg/dl. That's fairly insignificant, Stein says, but if you're concerned, "wipe the first drop of blood off the fingertip and use the second drop, which effectively removes the small error". ■

4

If you touch a sugar-containing product, always wash your hands and dry them before testing.

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Having found a new approach to dieting, lifestyle presenter Shelly Horton has overcome her type 2 diabetes. She shares what she's learned across decades of desperately trying to lose weight

“I felt like I had done this to myself”

▶▶ **How did your type 2 diagnosis come about?**

I was diagnosed in May last year, but I have been pre-diabetic for more than 20 years. I was a bit complacent – I didn't think I was ever going to tip over into type 2 – but when I was diagnosed I felt a huge amount of shame. I cried because I felt like I had done this to myself by not really taking my health seriously, which is a bit crazy because I'd tried incredibly hard to lose weight. I was 44 years old and I weighed 90kg.

My mum is type 2 and she was diagnosed when she was about my age, so genetics seem to be a big part of it. I also have polycystic ovarian syndrome (PCOS), which increases your chance of developing diabetes. I suspect Mum had that, too, but it was never diagnosed.

It was through my PCOS diagnosis when I was about 20 that doctors discovered my pre-diabetes. I did a fasting blood

glucose test, which showed I was insulin resistant. PCOS really sucks; I felt like a freak when I was first diagnosed because I'd never heard of it, but now, whenever I talk about it publicly I get a huge response from other women glad to know they're not alone. You get hairs on your chin, acne, weight around the middle and, on top of that, I had cystic ovaries. At one stage I had 23 cysts on one ovary and 17 on the other. One was the size of a rockmelon and required emergency surgery.

What have you done in the past to try to lose weight?

The most drastic thing was gastric banding. I tried that about five years ago, when I was 92kg, and I thought it was going to be a quick fix. I was so ashamed to be opting for surgery that I kept it a big secret – I only told four people, including my Mum and Dad, who were supportive ▶

my story: type 2

“

I feel very proud of myself having reversed my type 2 diagnosis

because they knew how much I'd always struggled with my weight.

I really thought it was going to be the answer, so when it didn't work I spiralled mentally, because I felt like a complete failure; not even lap banding would work on me! It had a terrible impact on my mental health. The 12 months I had the band were probably the most miserable time of my life. I could eat steak, but for some reason the band hated soft things like sashimi and boiled eggs. It made no sense to me. I was hungry all the time and I vomited nearly every day.

Getting on the scales was a form of torture; I lost a total of just 4½kg, even though I was going to the gym for an hour, twice a day. So I went to the obesity surgeon in tears and said take it out. Having it fail made me feel like a failure. Having it removed was the best thing I've ever done. Before the gastric banding, I tried lots of other diets. I did Weight Watchers, Jenny Craig, Light N' Easy and cutting out carbs. I'd be really focused, but over seven days I'd lose about 200g. If my husband stuck to the same diet he'd lose 1kg. I found that so frustrating. I had a bit of 'why me?' syndrome and I was angry with my body.

What has made a difference?

My psychologist told me about the SuperFastDiet, but I thought

there was no way I could do it. I love food – I'm a bit obsessed with it – so I didn't like the sound of only having 500 calories on two days, even though on the other five days you can eat more. I said I'd trial it for a month.

It has been incredible. The fasting days are really hard, but I got results really quickly. In the first week I lost 1kg, which really motivated me and made the fasting days easier. I lost 13kg in the first 17 weeks.

I'd had type 2 for about six months at that stage. I was taking Metformin, but my GP had said the time would come when I'd become insulin dependent. I went back to her for blood tests and she did a happy dance. She couldn't believe it. I didn't have type 2 anymore. In fact, even my pre-diabetes insulin resistance had gone.

What impact has that had on how you feel about yourself?

I'm really proud of myself having reversed my type 2 diagnosis. I have a lot of very negative self-talk: 'You are a fat failure', 'You always fail at diets'. I don't feel like a failure anymore. My Mum and Dad are really proud of me, too. I tend to wear wrap-around dresses and they're looking a lot better than they did. But I'm still a little bit scared about clothes shopping.

I still have 7kg to go to achieve



my goal of losing 20kg, but the incredible thing is I've lost 8cm off my boobs, 9cm off my hips and 18cm off my waist. I've never, ever, worn a belt, because like most girls with PCOS, I carry most of my weight around my middle. But I wore a belt the other day. I was so proud of myself.

Has exercise played a big role?

I used to be a gym junkie and I would kill myself at spin class and weights and running and I never lost weight and it would make me cry. Since I've been on this diet, I've quit the gym.

Instead, I walk my dog, Mr Barkley, a rescue puppy – he's so cute, but when we first got him he wasn't so handsome. We live in an apartment so he needs to be walked three times a day. That has been amazing because I work from home and it makes me get up from the computer. I'm not walking at a pace where I'm puffing or sweating; it's probably the first time in my life I haven't punished myself with exercise.

What major changes did the diet make to your eating habits?

The biggest thing for me is I no longer eat breakfast. You hear all the time about needing to, but it turns out breakfast is important for growing children and not so much for adults. I used to be a big breakfast person, always having toast or cereal, so lots of carbs. Now I just have a black coffee at breakfast and try not to eat lunch until about 1pm.

Another interesting thing has been realising that when I felt hungry I would instantly feed myself. I'd almost get panicked and need to fix it straight away. But I've learned that sometimes my hunger is triggered by being bored or just being thirsty. I've noticed that on days when I'm really busy with work I don't think about food as much.

I've also learned that hunger comes in waves, so it does come and go. I now play a bit of a mind game with myself, so if I'm hungry on a fasting day, I might take Mr Barkley for a walk so I can get to 1pm before I have lunch, rather than eating at noon.

The fasting days are getting easier but I'd never call them easy. I never do them on a weekend. It's just as well you don't need to do fasting days two in a row.

What do you typically eat on a fasting day?

I'll have a macchiato for breakfast and then at 1pm maybe a boiled egg with tomato and cracked pepper on corn thins, or some pumpkin soup to which I add baby spinach, mushrooms or bean curd noodles, so it fills me up. For dinner I might have 10 prawns, stir fried with fresh herbs, garlic and chilli, bok choy, broccoli, snow peas and onion.



Shelly after

You're only allowed 500 calories, so I use my kitchen scales and weigh everything and use a calorie tracker on my phone.

What do you enjoy most on the days you're not fasting?

On feast days you can have up to 2000 calories, which is quite a lot, but not enough to have half a chocolate cake and a bottle of wine. It means I can have a grainy-bread sandwich with ham, cheese and tomato for lunch, some fruit, and mash, steak and peas for dinner and a chocolate. I enjoy my wine, so if I was having wine at dinner, I'd put those kilojoules into my tracker first and then make my food choices. I'd then be happy to

eat steamed fish and steamed vegies and not feel so deprived.

I have a sweet tooth, so I also have a big Caramello Koala every night. I keep them in the freezer, so it takes me longer to eat. That stops me feeling miserable because I'm stuck on a diet. Eating just one koala is a big change in behaviour. In the past I'd eat a family block of popping rock Cadbury while watching telly, and not really even notice.

I wasn't keen to count kilojoules, but it left me a bit embarrassed when I realised what bad food choices I'd been making. Now I'm much better at getting the best bang for my buck and choosing options that have fewer kilojoules but are still satisfying. ■

TYPE 2



As a much-adored only child, Nick Glavas became the sole carer for his mum Chrysoula as her health deteriorated with long-term complications from her type 2 diabetes

TAKING CARE *of Mum*

► **When was your mum diagnosed with diabetes, Nick?**

Mum was diagnosed when she was pregnant, but went on to develop type 2. She lived with diabetes for 43 years, until she passed away last year at 73.

I am an only child and she raised me on her own, so we were very close. Growing up, I was conscious of her diabetes, but she just went about her daily routine.

When Mum was diagnosed, no-one else in the family had diabetes, but one of her sisters and her brother also got diabetes.

Mum always went to check-ups at the doctor and monitored her blood glucose levels (BGLs). I knew she took tablets for her diabetes; she was careful to do exactly what the doctor told her.

About 12 years ago her diabetes got worse. Her specialist said tablets were no longer working and she had to start taking insulin. She took it hard, because she knew her life would change. But she knew she had no choice.

What part of living with diabetes did your mum struggle with the most?

Mum was never the slimmest lady, but within a month of

starting insulin she put on a lot of weight. She had been a smoker and stopped at that time, too, so maybe that contributed to her weight gain as well.

Mum always had a sweet tooth and she loved baking and making sweets. But she was always conscious of what she could and couldn't eat. She would only have a treat, like a big slice of cake, on special occasions. Her experience has left me more conscious about what I eat and how much I eat. Mum drilled it into me, and now I'm even more aware of the dangers. My wife and I are very conscious of what our children eat; we try to avoid processed food and too much sugar. But I miss Mum's cooking. Mum lived alone from when I moved out in my late twenties. But she would cook as though I was still there. I would regularly check on her and she always had something delicious for me in the oven or the fridge.

Mum was born in Greece and she cooked many traditional Greek dishes. She spent a lot of time cooking chicken, pastas and vegetarian dishes. Everybody loved her cheese and spinach triangles. She always made chicken soup for Easter.

Even when she was very unwell, just before she went into the nursing home, she made her chicken soup. I will always remember having that soup together during her last Easter.

How did your mum cope with her declining health?

For a few years after I moved out, she was fine. She would walk to the shopping centre and catch public transport to see the doctor. But then she started to have trouble with her legs. She was a short lady and was having trouble stepping up to the kerb.

I could see it was dangerous for her to go out on her own. She wanted to be independent, but she became a lot more dependent on me. For the next 10 years, I would drive her where she needed to go, usually on my way to or from work. And I would spend Saturday doing her shopping and her washing and cleaning her apartment. She was a proud lady and felt bad taking up so much of my time. She used to say "You are supposed to be with your wife and your family, but you are here". I was very lucky to have a very good relationship with my wife, Kathy. She has always stood by and supported me. She knew I had to be there for my mum.

Because Mum was walking less, she started putting on weight and her different health issues seemed to have this domino effect. As she got sicker, it was hard to know what might have been caused by her diabetes, or whether it was something else.

She had polycystic kidney disease and high blood pressure, bowel complications and then she had an emergency operation to remove a hernia. She was in hospital for a couple of months

recovering. Her leg and hip problems got worse. So she moved in with my family for a couple of months before we got her respite care.

Did she adjust well to that change?

She wanted to go back home, against my wishes. Mum always wanted to be independent and didn't like the idea of a nursing home. So I took her back home, but within a few months it was clear she needed to go into care.

She was in a good routine with taking all of her medicine and was still jabbing herself once a day with insulin, which was all she needed. But her kidneys weren't functioning and she had refused dialysis. The toxins were building up in her blood, which affected her energy. She felt very helpless. She was frustrated and started having mood swings, because she wasn't able to enjoy her grandchildren. She knew she couldn't go out because she might have a fall, or not make it to the toilet.

I tried everything to make her comfortable – different doctors and second opinions, natural therapies – but that would frustrate her as well. Deep down, she knew nothing could help. And she knew what was coming.

Mum was totally aware of what was going on. She was offered a place in a nursing home, which she took, but then changed her mind. I accepted her wishes and kept visiting her twice every day during the week, and as much as I could on weekends. I had homecare to support her for a few hours a day, three days a week, but I could see it wasn't going to be enough. Then she got offered another nursing home place. I said if you don't take this, you'll

my story: type 2



My wife Kathy has always stood by me. She knew I had to be there for my mum.

– Nick Glavas

be on another waiting list and we might not get this chance again. She wasn't in the nursing home for very long before she passed.

Did caring for your mum take a toll on you?

Growing up, Mum was all I had, so when she needed me I couldn't leave her on her own. I'm sure there are people out there who are left totally alone, but I wouldn't do it to anybody.

Sometimes I think back and wonder 'How did I juggle it all?' – my family, our two little girls, work and trying to take care of Mum. But it never bothered me. I guess it was part of my routine.

It all became a lot harder after I had lost Mum and that routine stopped all of a sudden. On my first Saturday without her, I sat around and I felt lost, wondering what to do. I always say a baby needs its parents, and when the parents are old they need their family for support. That really makes sense to me now. ■

Three dumbbells are scattered around the page: a green one in the top left, a pink one in the center, and a blue one in the top right. A fourth blue dumbbell is partially visible at the bottom.

dropping kilograms FOR GOOD!

Losing weight is an important part of a healthy lifestyle, but keeping the kilos off is the key to success

►► Losing unwanted weight – from counting kilojoules to moving muscles – is one tough battle. Should you relax once you hit your mark on the scales? Not exactly. The work it takes to keep kilos off is often short-changed by the focus that's given to trimming down in the first place.

“Maintenance is even harder than losing weight,” says dietitian Molly Gee, who is a behavioural interventionist with the National Institutes of Health’s Action for Health in Diabetes (Look AHEAD) study at Baylor College of Medicine in Texas.

But Gee and other leading weight-control experts say there are proven strategies for success.

Why kilos return

Research shows extra kilos can set off a chain of events that lead to insulin resistance, prediabetes and type 2.

These metabolic changes can’t totally be reversed by weight loss, because the body’s preservation instinct kicks in and holds on to the extra kilos.

“The biologic systems that regulate weight are complex, and we’ve still got a lot to learn,” says Karen Miller-Kovach, dietitian and chief scientific officer with Weight Watchers International. On a positive note, she says, people who successfully lose and keep off weight report staying slim takes less effort over time.



Keeping it off is possible

Miller-Kovach dispels the notion that weight cycling (yo-yo dieting) wrecks a person's metabolism. It's not a good idea, however, from a psychological perspective. Repeated loss-and-gain cycles can undermine your self-efficacy – the belief you can control your weight.

And what about the idea that it's harder for people with type 2 and/or insulin resistance to lose and keep off weight? Though this observation is made by clinicians, the Look AHEAD study in people with type 2 (for six years, on average) shows that with intensive lifestyle changes (consuming fewer kilojoules and fat grams and engaging in 175 minutes of physical activity each week), people with diabetes can take and keep off medically significant amounts of weight, says Miller-Kovach.

Food and physical activity

The National Weight Control Registry (nwcs.ws) was initiated 15 years ago by leading obesity researchers Rena Wing and James Hill. They have tracked information from more than 5000 people who have lost at least 13kg and kept it off for one year or longer. Their conclusions are to watch your kilojoules, trim fat grams and eat breakfast daily. When it comes to activity, do it regularly and a lot of it – 60-90 minutes a day – and minimise sedentary activities such as watching TV.

Best behaviours

Weight maintenance takes a concerted effort and the development of some new skills.

“Learning and honing the behaviours associated with long-term weight loss will help you eat and exercise healthfully for the rest of your life,” says Miller-Kovach.

Such behaviours include stress management, coping skills, flexible restraint (practising self-control around food), goal setting and self-monitoring (keeping food and activity journals). Other key behaviours include getting on the scales regularly and having a relapse-prevention plan to put in place should the kilos creep up.

Planning for success

Gee acknowledges that when it comes to weight maintenance, life often gets in the way.

“The recipe for success also requires tenacity and flexibility to deal with the ups and downs of life,” she says. Here are some of Gee's tips:

- **Identify your motivators.**

Know why keeping the weight off is important to you – and more important than a bite of this or a taste of that.

- **Simplify your eating plan**

and minimise your repertoire of food choices. Set your plan in motion and follow it.

- **Seek and find support.**

Participate in a weight-control group, work with a counsellor or pair up with a friend.

Less is more

Karl Reed, who has type 2, has kept 23kg off for more than a decade. At the age of 67, he's the longest-surviving man in his family – the rest died of heart disease.

Karl was diagnosed with diabetes when his weight reached 123kg. The lightbulb went on. “I knew if I was going to get to watch my grandchildren grow up, I'd better take action – and fast.”

He enrolled in a weight-control program run by dietitian Anne Daly, whom Karl fondly calls his “drill sergeant”. He still attends Daly's maintenance support group. “No exceptions, no excuses,” he says.

Today Karl takes medications to control his blood pressure and blood lipids, but none for his blood glucose. Here are his keys to success:

- **Walk 5-7km a day; record it**
- **Eat up to 8 cups of fruit and vegetables a day**
- **Don't have tempting “danger” foods at home**
- **Make use of a food journal**
- **Dine in restaurants only rarely**
- **Don't arrive famished to food- focused events**
- **Attend a weight-maintenance group weekly**

KARL'S ADVICE

If you veer off track, then get back on your plan quickly. “When my resolve is weakened, I recall just how good I feel and why I want to enjoy more years,” he shares. ■

EASY WAYS TO MOVE MORE

No time to exercise? No problem! Sneak movement into your everyday routines

▶▶ If you're like a lot of people, you don't move as much as you should. The average Australian spends at least 39 hours per week doing sedentary activities: watching TV, surfing the Internet, talking on the phone and reading. All of this sitting can make diabetes harder to control. According to the *Journal of Preventive Medicine*, women who sit for prolonged periods of time are more likely to have increased insulin resistance and chronic inflammation. And the more you sit, the worse it gets.

Another study found that adults who sit for 11 hours or more on a daily basis have a 40 per cent greater risk of dying in the next three years than people who spend fewer than four hours a day in a chair. Use these tips to incorporate more movement into the activities you're already doing.



1

START YOUR DAY WITH A QUICK WALK AROUND THE BLOCK

Nothing intense, nothing long – just a brisk walk to get you going. Leave your walking shoes by the door before bed so you'll be ready. Listen to your favourite radio show or podcast on the go.

2

HOOK A PEDOMETER TO YOUR BODY

Studies show that when people are keeping track of their steps, they tend to walk more. You can even get into a friendly competition with your spouse or a co-worker to see who can rack up the most steps in a day or a week.

3

DON'T WASTE COMMERCIAL TIME

While watching TV, get up and do a minute of star jumps or a minute of high knees every time a commercial comes on. Research shows that people who walk on the spot during ad breaks burn an average of 600 kilojoules in about 25 minutes.



DON'T FORGET ABOUT CHORES

Put on your favourite tunes and start tackling those chores you have been avoiding. Whether you mop the floor, vacuum the carpets, dust those hard-to-reach areas, weed the garden or wash your car, you will feel those kilojoules burning in no time.

4



5

BE INEFFICIENT

Do you have loads of laundry to haul upstairs or downstairs? Take one basket or one handful of clothes at a time. Do you have groceries to carry in from the car? Don't carry them all at once. Deliberately break up daily tasks so you make multiple, frequent trips.



6

PARK THE TROLLEY FOR QUICK TRIPS

If you need just a handful of items at the supermarket, take two reusable bags and throw them over your shoulders. Put your food in the bags as you shop. While you wait to pay, hold the bags by your sides and do shoulder shrugs. ■



BAN THAT *achy breaky* BACK!



**We spoke to
DL exercise
physiologist
Christine Armarego
about her tried-
and-tested moves
for a strong,
pain-free spine**

▶▶ “Back pain affects 95 per cent of us at some time in our lives,” says Armarego. “It can be debilitating for a short or a long time, but has a huge impact on what we can do – from getting up in the morning to playing our favourite sports. In the past, we were often told to lie down and rest, however, we know that people who keep moving improve faster in all areas, including returning to work.”

As Armarego says, getting regular exercise will help improve your range of motion, as well as your core stability

and muscular endurance, which goes a long way to preventing re-injury and helping you continue to do the things you enjoy. It will also reduce your pain and boost your mood at the same time, so what’s not to love?

“Most back injuries are in the lower back or lumbar region,” explains Armarego. “You may need attention from a GP or physiotherapist in the initial stages, however, if the pain is not severe, try these exercises to keep yourself moving and prevent pain from reoccurring.”



Swimming can help to build strength and prevent further injury

TRY THIS... GO FOR A DIP

If walking is problematic, swimming or aquatic exercise is brilliant. It's warm and the compression of the water provides support to the joints. There is no jarring, yet the muscles can work moderately, or somewhat hard, to build up strength to protect your back from further injury. You can do a water-based program recommended by your AEP or, if possible, join an aqua aerobics class.

TRY THIS... ADD RESISTANCE



Contrary to popular belief, back pain is reduced with resistance training. Increasing your core and lower back strength is essential to prevent flare-ups. If you've not done weights before, then try getting an individualised program from an Accredited Exercise Physiologist (AEP) that will start from wherever you are and build up your strength.



TRY THIS... POSTURE POSTURE POSTURE

Maintaining good posture ensures there is no undue stress on your back, says Armarego. At work, try using a desk that allows you to stand and has been set up ergonomically. Pilates focuses on core stability, or you can try a home exercise program developed by your physio or AEP. And don't forget to keep posture front-of-mind during the day, too!



TRY THIS... HIT THE STREETS

Walking allows your back to loosen up, helps you maintain a range of motion and improves muscular endurance, explains Armarego. Instead of taking one long walk each week, start with short distances and get moving several times a day. Then, build up to longer walks as your pain allows. ■

good advice

Feel better in 5

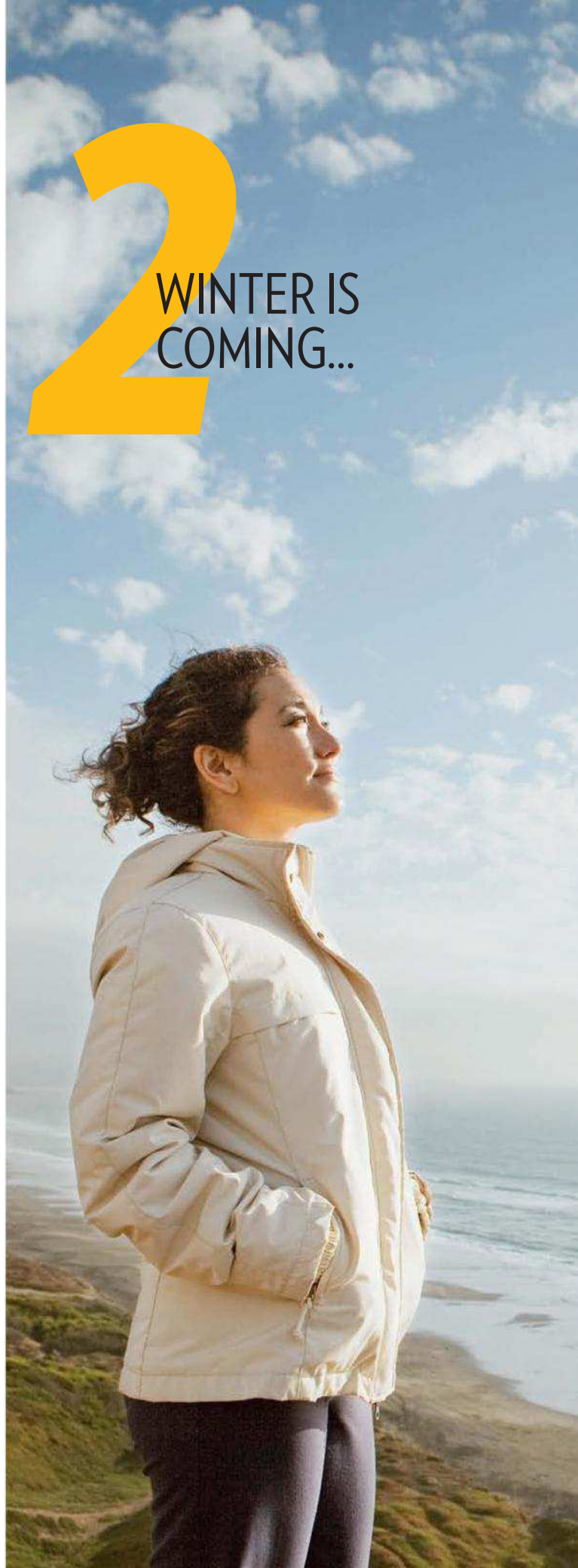
Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 REFRESH YOUR SKIN

For thousands of years, humans have turned to aloe vera – ‘nature’s medicine’ – to help heal and cool thanks to its antibacterial, anti-inflammatory and antifungal qualities. Today, aloe continues to be the remedy of choice for many people as it helps to restore your skin to keep it happy and healthy. Sure, you could grow your own aloe and slather yourself in sap, but we prefer to use Australian-owned Plunkett’s products; offering a Hi-Potency Aloe Vera Moisturiser and an Aloe Vera 99 per cent Pure Soothing Gel. These luscious balms sink deep into the skin, leaving a refreshing difference without any harmful additives. Aloe vera products, from \$8.20. For more information, visit plunketts.com.au.



2 WINTER IS COMING...



And so is the flu! After last year's horrible flu season and the mark of a century since the 1918 influenza epidemic that killed tens of millions across the world, there is no better time to get the flu shot.

However, you shouldn't just rely on this to keep you healthy throughout the colder months. Give yourself the best chance of staying healthy by boosting your immunity. These foods, packed with minerals and vitamins, could help you to remain flu-free:

- **Zinc is known for its ability to fight colds.** In people with diabetes, zinc has also been known to improve blood glucose control. Try oysters, lobsters, crab and beef.

- **Vitamin C reduces the duration** of symptoms when taken at higher doses and helps to fight infections; it also helps to lower levels of sorbitol (sugar that can collect and damage cells in your kidneys, eyes and nerves). Why not add citrus fruits, broccoli, strawberries, capsicum and spinach to your diet.

- **Vitamin D is essential for the health** of your bones and muscles. The best way to absorb this is through exposing your bare skin to the sun. During winter, this becomes harder, so eat eggs, fish (such as salmon) and milk.

- **Probiotics can often help ease cold** symptoms faster, and have significant effects on the reduction of glucose and HbA1c, and promoting healthy insulin levels and resistance in PWD. Think yoghurt, tempeh, kimchi, miso and kombucha!

Above all else, remember to exercise, drink plenty of water, get plenty of rest and take time to relax, laugh and simply enjoy life.

NOTE: Talk to your doctor first before taking any of these as supplements.



3 ONE WITH NATURE

Ever wondered why escaping the city leaves you feeling more relaxed and refreshed?

A recent study conducted in the UK found people who were exposed to nature for more than 30 consecutive days reported an increase in health of 30 per cent; and those who spent more than 30 minutes each day surrounded by the countryside experienced greater psychological benefits. Nature has also been found to help reduce hypertension, respiratory tract and cardiovascular illnesses, improve mood and vitality, restore attention capacity and mental fatigue, and can also be beneficial in terms of mental wellbeing (such as anxiety). This connection makes us happier and healthier, and boosts our feelings of relaxation and refreshment – especially when visiting country or coastal locations (or even a protected nature site). ➤



4

FIDGETING PERMITTED!

As we get more sedentary in our everyday activities, it's important to remember to get up and exercise. However, this isn't always possible. Researchers from the University of Missouri found that those who fidget while sitting are more likely to protect the arteries in their legs and potentially help to prevent cardiovascular disease. The study asked participants to tap one foot intermittently over three hours, while the other remained still; this resulted in an increase in blood flow for the fidgeting leg. So, next time you find yourself sitting for an extended period of time with the inability to exercise, fidgeting is your next best bet – after all, any movement is better than no movement.



5

MOTHER DEAREST

Mother's Day is right around the corner, but that shouldn't be the only reason you spend time with your mum!

A study into loneliness in older persons conducted by researchers at the University of California found that of the 1600 participants – with an average age of 71 – 23 per cent of those who were lonely died within six years of the study. Throughout history, humans have always relied on others for survival, and this hasn't changed. Spending

time with friends and family often leads to laughter – a powerful antidote found to have a positive influence on lowering blood pressure, boosting immunity, and stimulating both blood flow and mental activity – and helps people live longer, too. So give Mum a call now, invite her over for lunch or start a new tradition, and remember to say hi to Dad, too! ■



WORDS ELLIE GRIFFITHS
PHOTOGRAPHY GETTY IMAGES

HEALTHY MEALS MADE QUICK

The KitchenAid Proline® Blender is the ultimate appliance for making healthy and nutritious meals quickly and easily. With four pre-set programs, and 11 speeds, blend everything from frozen fruits and fibrous, nutrient dense vegetables, juices, nut butters, dressings and so much more. Visit kitchenaid.com.au/pro-line-blenders

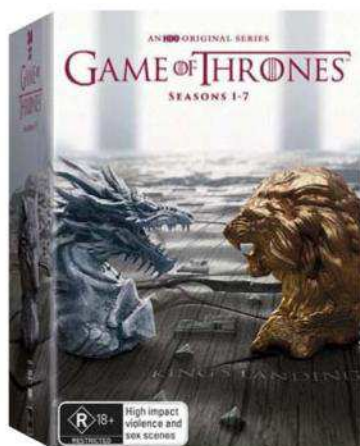


SOFT & SMOOTH HEELS

NS-8 Heel Balm quickly restores dry, cracked heels. The natural cream formula is not greasy, so you don't need socks and you won't slip on hard floors. NS-8 also contains natural exfoliants so you don't need foot files. Available in pharmacies and online, RRP \$14.95. For more information, visit ns8.com.au

Marketplace

Check out these products. They make managing diabetes easier



SPECIAL OFFER

Order *Game of Thrones* Seasons 1-7 DVD Box Set today for only \$149 (RRP \$219). Simply call Entertainment Masters, the leading mail order DVD retailer on 1300 304 304, or visit emasters.com.au, and enter code 'GOT18' at the checkout to claim your special offer. Hurry, limited stocks.



LIGHTEN UP

Packed with antioxidants from 55 cranberries, no added sugar, and only 20 calories per 250ml serving, Ocean Spray® Light Cranberry (RRP \$5.69) helps cleanse and purify your body everyday as part of a healthy diet and lifestyle. Delicious with a splash of sparkling water, blended in a smoothie, or just by itself.

index

BREAKFAST

- 66 Blueberry & oat muffins ●●
- 68 Cinnamon streusel rolls ●
- 67 Eggs benedict ●
- 65 Oatmeal hotcakes & maple syrup fruit ●●
- 68 Roasted tomato & asparagus crustless quiche ●●●

LIGHT MEALS & STARTERS

- 48 Carrot and white bean soup ●●
- 47 Feta frittatas with carrot and celery salad ●●●
- 49 Lemon roast vegetables with yoghurt tahini and pomegranate ●●●
- 44 Niçoise chicken salad ●●
- 25 Open-face pear and ham ciabatta
- 75 Quick salmon pasta
- 46 Salmon veggie bowl ●●●
- 75 Tuna & olive rice salad ●
- 51 Vietnamese-style pork sandwich

MAINS

- 32 Asian beef noodle salad ●
- 54 Cajun chicken & pineapple burger ●
- 32 Cajun pork and rice ●
- 42 Chickpea & red lentil patties ●●
- 35 Cottage pie ●
- 53 Crispy sesame fish burger with lime mayo
- 52 Italian pork burger with fresh tomato salsa
- 31 Lamb & chickpea bowls ●●
- 55 Lamb & chickpea pita burger
- 70 Low-fat fish korma ●
- 31 Mexican chicken bowls ●
- 31 Salmon with sautéed vegies and barley ●
- 40 Satay vegie & tofu stir-fry ●●
- 39 Vegetarian cottage pie ●●●
- 43 Vegie and tofu laksa ●

SNACKS

- 23 Cinnamon-ginger spiced pear muffins ●●
- 25 Pear crostini with blue cheese spread ●●

DESSERTS

- 63 Baked apples with crumble topping ●
- 59 Chocolate fudge brownie ●●
- 21 Chocolate, pear and pistachio tart ●
- 62 Cinnamon & apple tea cake ●●
- 63 Citrus steamed puddings with citrus syrup ●
- 75 Pear/apple quick weeknight dessert ●●
- 62 Pears poached in saffron, orange & cardamom syrup ●●
- 25 Roasted pear with crumble topping ●
- 58 Vanilla and lemon pannacotta with poached rhubarb ●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10°C-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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Alix Davis, **Editor**

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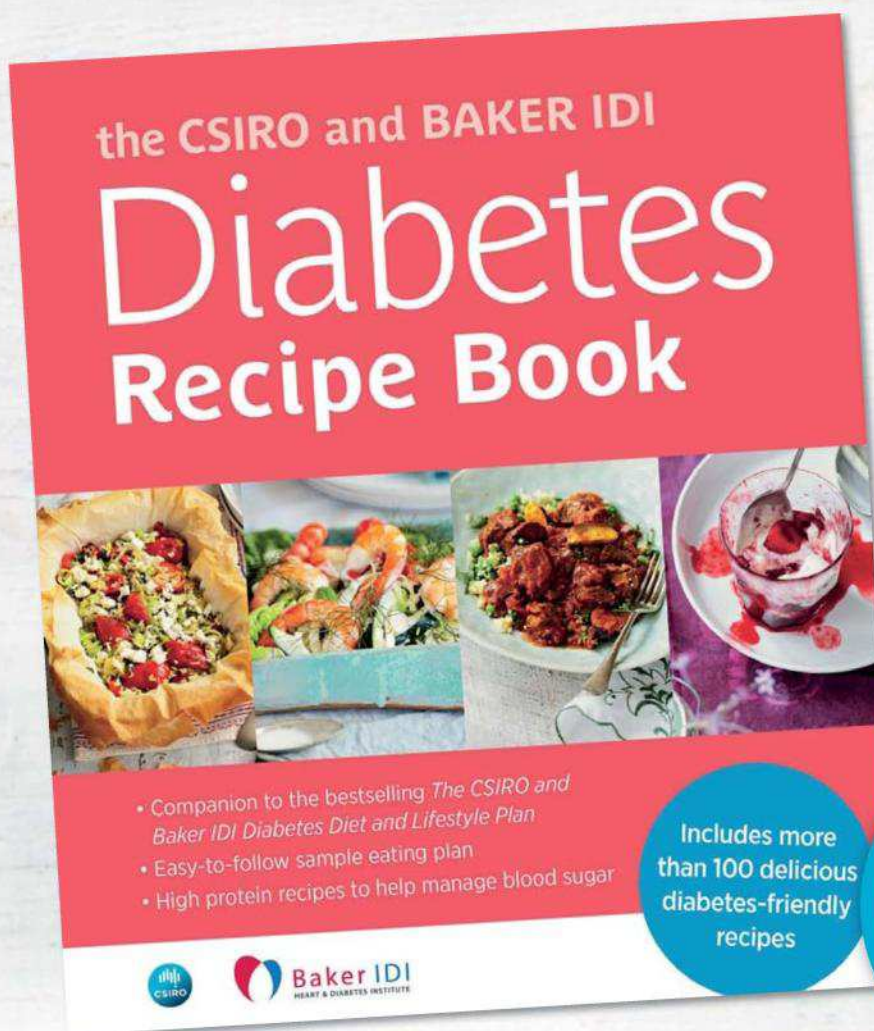
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Get upbeat NOT BEAT UP

It's important to remember that good health starts as a state of mind, says our resident type 1 columnist, Rob Palmer



I think we have all had it at some stage, that insular feeling of diabetes-induced self-pity. When you almost indulge in a whinge, thinking, “THIS SUCKS ...

Why should I have to deal with this

rubbish? How is it fair that my body has tried to kill itself? I have circulation issues, restrictive conditions every time I think of food, not to mention the cost of diabetes that comes straight out of my hard-earned dollars.” Granted, it doesn’t last too long, thank goodness, but it does sometimes leave behind a little bit of guilt. I mean, really, there are worse things we could be dealing with.

I had a friend recently approach me with a mild look of concern on his face. “Hey Rob, I checked my sugars the other day,” he said. Now, this mate is always a clown... in an admirable and affable way. I kinda expected a gag to follow, but the look on his face was more that of a teacher, preparing to let me know my spelling was just not up to scratch.

Now, this fella is a clever cat, right on the button when considering stuff to do with medical science. His following comment was unexpected, but it certainly didn’t floor me like the announcement

of more sinister conditions might. “I’m in the red zone for type 2 diabetes.”

“\$@@&”: Insert my expletive here.

In his mind I’m sure there was a bit of fear and disappointment. In mine was an element of empathy, but also a determination to give a mate a hand in getting the better of a condition that, at the end of the day, can kill you if you choose to let it take control.

While diabetes is not necessarily a terminal condition, it can certainly be neglected into developing into one. My friend knows this, as do I. So now is a perfect time to use a diagnosis as an attacking motivation.

From what I understand, one of the best ways to beat down on diabetes, whether it be type 1 or 2, is to get upbeat about positive choices. You don’t have to become an ironman triathlete on a kale and spirulina diet

to make an impact on good health. Rather, good health starts as a state of mind, so let’s leave the complaints alone while we self-check our status.

Quite often the “what ifs” are a long way away. I reckon if you combine positive desire with a few achievable goals and healthy choices, you have well and truly started along the road to minimising the effects of the dark horse of diabetes. ■



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the “what ifs”
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